

Lessons from Cycling

By Carol Gegner

Lessons from Cycling

Carol Gegner
carol@coachexecs.com

Executive Coaching and Consulting System <http://www.coachexecs.com>

Lessons from Cycling

The Tour De France is over and Lance Armstrong won the race for the fifth time. The grueling 3 week race covering over 2100 miles with almost 200 riders is clearly an event most of us will never do. We will however, compete in our own personal and professional races of life and business.

What can we learn from the bicyclists who rode in the Tour De France to help us be more successful? First, let's look at the external factors they faced.

Weather. Hot temperatures, wind and rain did not stop the race. The cyclists continued despite the elements.

Terrain. From the rigors of pedaling up and down the Alps and the Pyrenees to the flat plains, the cyclists were striving to do their best. All their training and conditioning was put to the test every day for speed and endurance.

Equipment. The cyclists use state of the art bikes which are finely tuned to fit their style. To be a serious racer means using the best equipment for optimum performance. Technology counts, even in bike racing.

Competition. Each team knows the strengths and weakness of the other teams and each rider. That knowledge helps them develop strategies to win.

Supporters. Spectators provided cheers all along the route to help motivate the racers. Otherwise, it would be a long, lonely 3 weeks. Support comes from team members who ride offensively and defensively to support the lead cyclists.

If you are in business, what are the external factors impacting you? Is it the economy in your geographic area, the market segment of your business or your competition? Are you keeping up with technology? Do you have a group of people cheering you on and supporting your efforts?

Yes, external factors play an important role in winning but the real race is won using internal factors. Cycling requires more than pedaling fast and hard. Success comes from what is found inside each cyclist. Here are four of those factors to help inspire you.

Desire. The cyclists have an inner drive that compels them to race. That desire supercedes

everything else. What is your desire?

Positive Attitude. Adversity just gives these elite cyclists a stronger spirit to keep going. Armstrong kicked into high gear when he avoided a crash by riding through a field to stay on his bike. He knew he had to push harder if he wanted to stay in the lead. How is your attitude?

Focus. The finish line is over 2000 miles and 3 weeks away. Each cyclist knows that to survive and finish the race they have to be alert and focus on their goal. How do you keep your focus?

Courage. Each day is a new challenge with risks. There will be ups and downs. The cyclists have the courage to bounce back and continue on their ride even if they have a broken collar bone or wake up with stomach flu. How determined and resilient are you?

We can't all be champions like Lance Armstrong yet we can all be winners like the other cyclists who completed the race! The Tour De France is an inspiration of what is possible in the world of bicycling as well as an inspiration for what is possible in life.

As Armstrong tells us, it's not about the bike. It's really about what keeps you in the race.

Get-Articles.com : 1000's of reprintable business and internet marketing-related articles.

[Submit your article for reprint.](#)