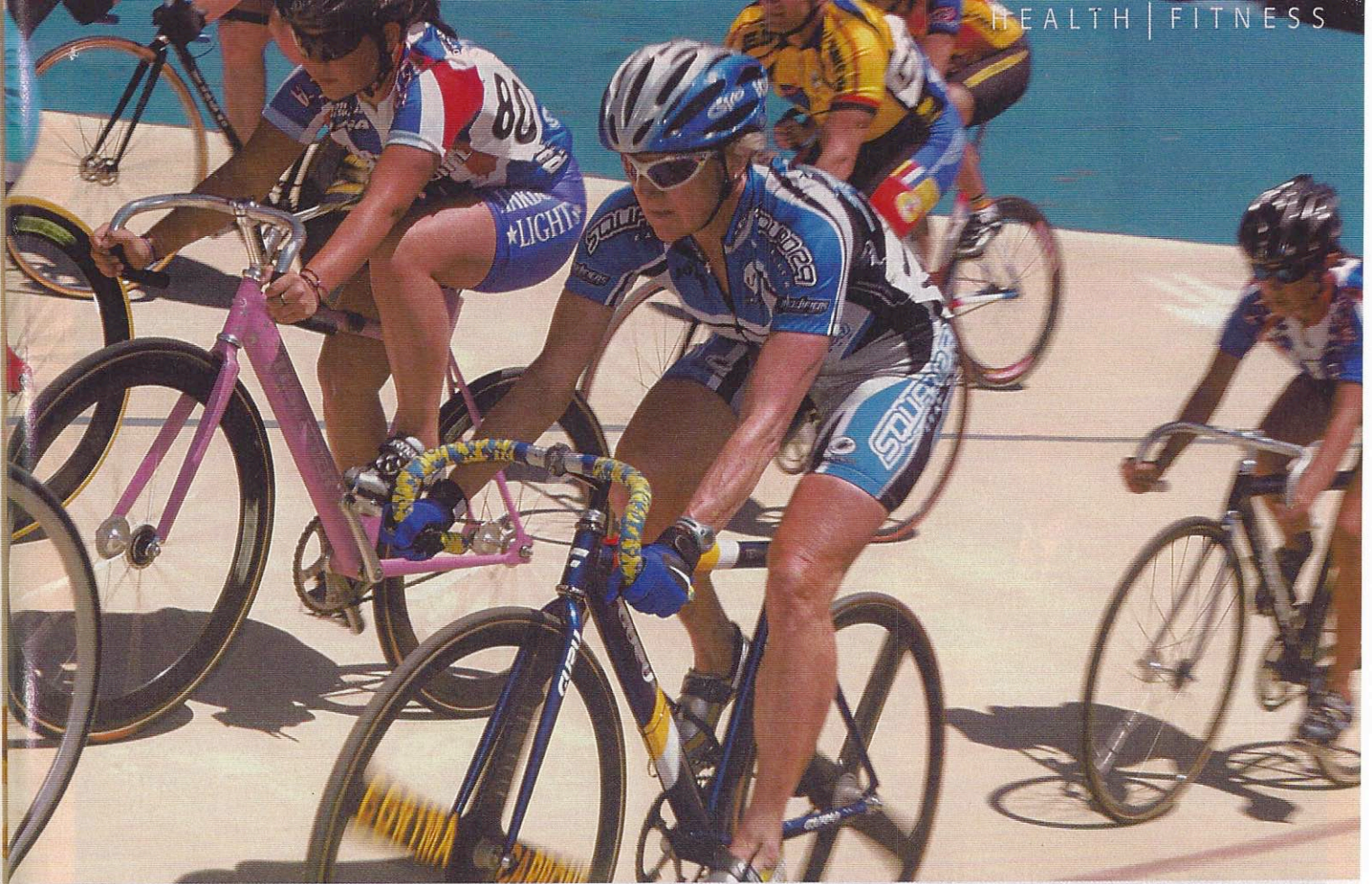


# POWER PEDAL PUSHER

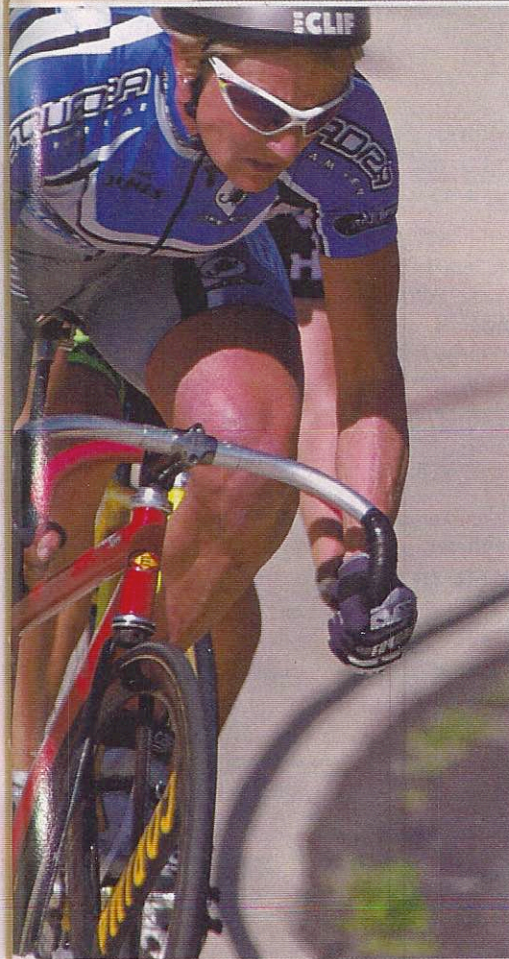
## Valley cyclist sets records on world tracks

BY CINDY MILLER

Knowledge is power. No one utilizes that maxim more than Terry Roach. ▶



World-class cyclist Terry Roach has found her niche on the velodrome, an oval track on which you race with no brakes and one gear. No coasting allowed: "You never stop pedaling," she explains.



A registered kinesiologist, Roach is president and owner of Body Stabilization Training, Inc., and mother of two. At age 51, she is also a world champion cyclist. In September, Roach retained her titles in the 2000 Meter Individual Pursuit and Best All Around Rider Title at the World Masters Track Cycling Championships in Manchester, England. She is now an eight-time national champion in the 2000 K Individual Pursuit and a six-time world champion.

Terry Roach is living proof that age is a state of mind – and body.

Roach began cycling at the age of 44. A former marathon runner, she was looking for a sport that "didn't hurt" when a coach got her involved with cycling on the velodrome, an oval track on which you race with no brakes and one gear. "You never stop pedaling," explains Roach. "I had success very quickly, actually becoming the national champion within the very first year I started racing."

That was seven years ago, and she's not stopped pedaling since. "I found the love of my life," she says. In 1998, she set 27 national records and broke four world records. At the Olympic trials in 2000, she finished sixth in the nation against riders who were 30 years younger.

Roach cycles both around the track and at road events, which she uses as training for the track. "I'm best on the track," says Roach, "but I'm very competitive on the road. I race against the best in the nation, not just in the master's level. It's called the senior level, or the pro circuit. I'm able to finish in the top 25 percent of any race that I enter as an old person! It's a lot of fun for me."

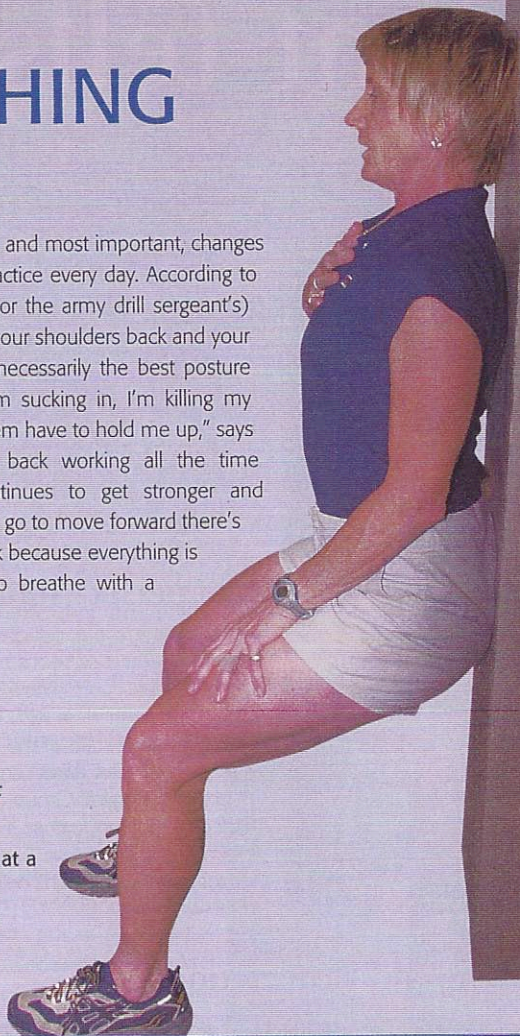
While she has always been an athlete, Roach hasn't always been in top physical form. After 10 years of back problems and traditional physical therapy for three years, which resulted in only temporary relief, she decided to use herself as a guinea pig. A registered kinesiologist with a master's degree in exercise physiology, she developed her own program of body mechanics based on coming back from her back surgery and getting back to an active lifestyle. Her Body Mechanics® program educates people in how to change habits, decrease stress in ▶

# BREATHING EASY

Some of the simplest, and most important, changes are things people can practice every day. According to Roach, mother's advice (or the army drill sergeant's) to stand up straight with your shoulders back and your stomach tucked in isn't necessarily the best posture for pain-free living. "If I'm sucking in, I'm killing my back muscles, making them have to hold me up," says Roach. "So I have my back working all the time because my chest continues to get stronger and stronger, and then when I go to move forward there's no protection for the back because everything is lengthened. You need to breathe with a thick stomach."

## 1. BACK YOURSELF INTO THE WALL

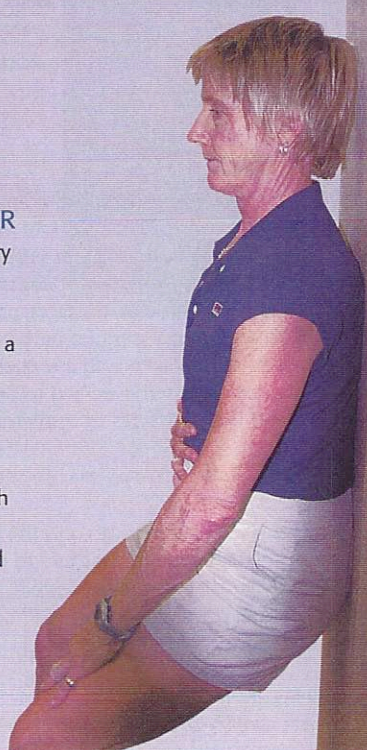
where your legs are at a 90 degree angle. Everyone is going to arch her back.



Roach demonstrates her technique for proper breathing.

## 2. TUCK YOUR TAIL BONE UNDER AND FLATTEN YOUR PELVIS.

Try to push your back into the wall as hard as you can, bearing down on your abs as hard as you can, creating a thick stomach. You shouldn't be able to get your hand behind the small of your back. Your legs are forcing your back in and your body is staying at a 90 degree angle. That a thick stomach and the way you should breathe. Transfer that concept when you stand up and keep the thick stomach.



PHOTOGRAPHY: JENNIFER SMITH

overused muscle groups, improve efficiency and performance and return successfully to their routines.

So successful is her program that she has worked with top athletes such as Jack Nicklaus and Misty Hyman, and is on retainer with the Phoenix Fire Department. Her client list includes housewives, physicians, high level athletes and weekend warriors. "What I teach is for any age, any skill level. I watch how an individual functions, and show them what they need to change."

Roach applies Body Mechanics to both her life and her cycling. "When I get on the bike, I know to get my knees in, set my shoulder blades down and get my head back. I can get a lot more power than that person next to me because I'm using way more muscle energy and I have control over that energy. Whether my goal is to clean the house without having neck or back pain the next day or to complete a marathon without killing myself, it's all the same.

"It's a habit," she continues. "We have to create new habits, but it does become second nature. I give people the skills to control their body rather than have their body control them. The effectiveness of my program is my ability to motivate clients to want to make a change and to understand why they need to do that."

Two years ago Roach was in a severe bicycle crash during a race in which two competitors drove over her, resulting in two broken ribs and a punctured lung. Five months later, she surprised everyone when she broke her own World Masters Record in the 2K Individual Pursuit she had set in 1998.

"I was in the hospital for four days and got back to work within a week and back on the bike within a month. In May, I started training heavily. In August, I broke my own world record that I had set in 98 in the 2000 meter individual event. I was even faster at 51 than I had been at 47. I believe that I've been able to do that because of the things that I teach in my business.

"It's allowed me to achieve success beyond my expectations. To be so old and be able to be competitive with both men and women is a wonderful thing. It gives us a different perspective on society. We think when we get over 40 that we have to give up on ourselves. We're so wrong. With all the things I've come back with my injuries, I've been able to perform at a high level because my knowledge of my body has completely changed." ♦