

IRON HORSE TRAINING .COM

Testimonials

This was an incredible program and experience for me. Thanks to all of you!

Aileen

Dear Patti,

I wanted to thank you both – along with all the other Iron Horse trainers – so much for the time and effort you lovingly put into helping me get to Silverton today. I had a wonderful experience in the class and during the Iron Horse Bicycle Classic. Hope to see you Monday around 4 PM at Patti's potluck.

Warmly,
Brian

Patti,

Thank you to you and Ed for the wonderful job you did with the Ironhorse Classic (again) this year. I was so disappointed to not be able to join you because of my hand injury, but wanted you to know how well organized I thought everything was – from the training programs to the event itself. I particularly appreciate all you did to encourage Christi and get her to Silverton. I intend to join you next year with two good hands. Please give my best to Ed.

Regards,

Dave Nulton

I didn't want to let another day go by without thanking you for your work with the Iron Horse Training group. I could tell that you really cared about every rider and really made me feel special and confident. Up until the morning of the event, I wasn't sure if I was even going to ride it. I had very little time to ride in the last month. As it turned out, I rode to Purgatory and back. It was a nice, leisurely ride and I had a great time.

Thanks again for everything and I hope to see you out on the road."

Sharon

"Thank you so much for organizing the seminars. I attended them last year and they were very informative and educational.

My training this year is going great. I feel so much stronger and in better shape than last year. Much of that has to do with the expertise, knowledge and enthusiasm of all the trainers. You offer such a well organized and professional product! Keep up the great work.

I also want to say that Sally is a very good addition to the team!"

Dave

"I had a great time on the ride up Colbank today---thank you for running such a good show. This class has just been great for me. Thanks again... the instructors have been so helpful and enjoyable. Please pass on my appreciation."

Smiles,
Marley

"Thanks to you, Patti, and all the other coaches for a terrific training program and dinner. I also appreciate the "Most Determined" certificate. Your support means a lot."

Cherlye

"I reduced my cholesterol by 34 points and the only changed I made in my lifestyle was participating in the Iron Horse Training program."

Deb

"My blood pressure numbers are down, thanks."

Scott

"Thank you once again for going above and beyond and caring so much about us. You guys at MBS rock!"

Jo

"I would have never made it to Silverton the first year without the class. Since then the class has made me a better rider each year and I'm having fun with a bunch of new friends. The friends and the camaraderie of the group rides will keep me coming back to the class each year."

Thanks, John

"Thanks again for a great experience."

Roseann

"Thanks Patti for all your help and support!"

Julie

"Just wanted to let you know that Kirsten and I rode to Silverton on Sunday and made it!!! Thanks for all the support and help these last 6 months. Also please thank Cindy and Diane for me as they were great and helpful instructors."

Robin

"You (and all the trainers) were great! I appreciated all your "mothering" when the nerves took over.

Linda

"Thank you - I thoroughly enjoyed my experience with the training group and have been recommending it to others!"

Emily

"I would like to say thank you to you and Ed for all the work and time you put into making the iron Horse Training experience so great, for so many people. You guys are amazing! I plan to stay healthy next year and sign up again."

Antonia

"I sure enjoyed the time spent with you and the gang, thank you so much for all of your training tips and fabulous cheerleading. You guys really put a lot of time in to the program and I sure appreciate it."

Juliet

"Many thanks for all you have done for Scott, Sheri and all Iron Horse Bicycle Classic Riders! And, your support of the "Yes Ma'am" Campaign for the community and region will be lifesaving for countless numbers of people.

The reason being, those who trained are in better shape and healthier because of the training! Scott heard many positive comments along this same line with the thought of, "next year we will be back!" He and Sheri are already planning. So, thank you again, for everything. You are both such and inspiration."

Joy (wife and mother of our participants)

"Thank you for all the great informative emails that kept me in the loop. It was very helpful to me. I hope you continue to use emails in the future, because for me it worked out great. I'm disappointed about the ride, but I did the 10 mile run today instead. I wish I could do the ride tomorrow, but I've got the holiday work shift. That is a great option, I hope many people get to do it. I won't be seeing you at the potluck either, still at work, but thank you for all your work this winter. The team was great and I'm glad I've started a new sport."

Thanks Again Patti. Molly

Dear Patti-- "Thanks for all your support and this note!!!" Flow

"Thanks for the great 6 months of training. See you race day." Mike

I" just want to thank you so much for all the effort you put in to this event".-Steve

"I am just impressed. I just did Haviland from Sweeney's and back and felt stronger than ever -- even two weeks ago it was more of a grunt. I've marveled at how strategically dead on your program is, from spinning in winter to the gradual progression to tougher and longer rides in the spring. I've also really really appreciated all the trainers -- Di, Jacqui, Chris, Cindy etc -- all had great attitudes, cheered me on, offered helpful hints (Chris especially during a hella wind up the valley on my first Haviland jaunt). I was intimidated by speedy riders my first few times out but your presence (as an 'older' woman!) and theirs completely helped with that.

I have had many times of doubting I could do this thing, but the past couple of rides (Molas last weekend, today's ride to Haviland) have more or less obliterated those concerns. I learned a ton about my body and what it can do, and am very happy with the program. See you Sunday!"

Kate

"Thank you for all the email updates. All of the course information has been extremely helpful and the course has been way more than worth it even though I have trained more on my own than with the group."

Victoria

"THANKS for putting together the IHBC training program!" Beatle

"I don't know how you and Ed do it but you are both a great inspiration! I want to thank you for putting on such a great program for us new road cyclists. I would not have gotten this far without your help". Susan

"Hi Patti - I wanted to ask you to tell Ed thanks again for hanging with me the other Saturday - and also Ken - they really helped me, especially to begin to "get" the drafting effect on the way to Breen. Anyway, I'm going to be out of town until the 11th so will miss out on the next few rides. I'll try to ride when I get back so hope to see you then!

Thanks for all of the hard work and organizing you all have done for this training!"

Genie

"I rode farther and harder with the group, I appreciate all the information from handouts and the trainers". Karen, mother of 4

"I was 40 minutes faster than in 2005, I contribute this to Iron Horse Training." Julie

"Your instructors are so encouraging and knew how to handle a class made of people of all different levels. The coaches were experienced, challenging, encouraging and motivating. The handouts were excellent."

Kirk

"I received more than my expectations." Trudy

"I'm grateful for all the attention, organization, written materials, references, evening classroom sessions, and plain hard work from everyone who contributed. I feel much better informed and stronger because of it.

A year ago I didn't even have a road bike. This year, I'm looking forward to the Iron Horse as a rewarding benchmark on my journey as a cyclist because of you all!"

Rich

"Loved it!" Rick

