

THE WEDŪ SEGMENT

WELCOME

BEFORE YOU START MAKE SURE YOU'VE DONE THE FOLLOWING:

01

Make sure you have joined the WEDŪ STRAVA club.

02

Add your classification after your STRAVA name:

WEDŪ Men's Open / WEDŪ Women's Open WEDŪ Men's Ū23 / WEDŪ Women's Ū23

WEDŪ 35-39

WEDŪ 40-44

WEDŪ 45-49

WEDŪ 50-54

WEDŪ 55-59

WEDŪ 60-64

WEDŪ 65-69

WEDŪ 70+



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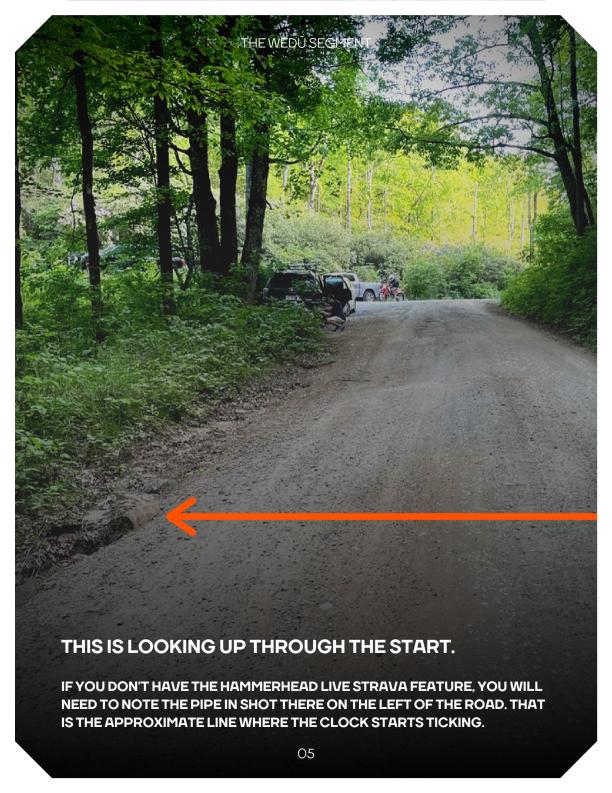
THE WEDŪ SEGMENT Pilot MTN Road Climb THE SEGMENT 03

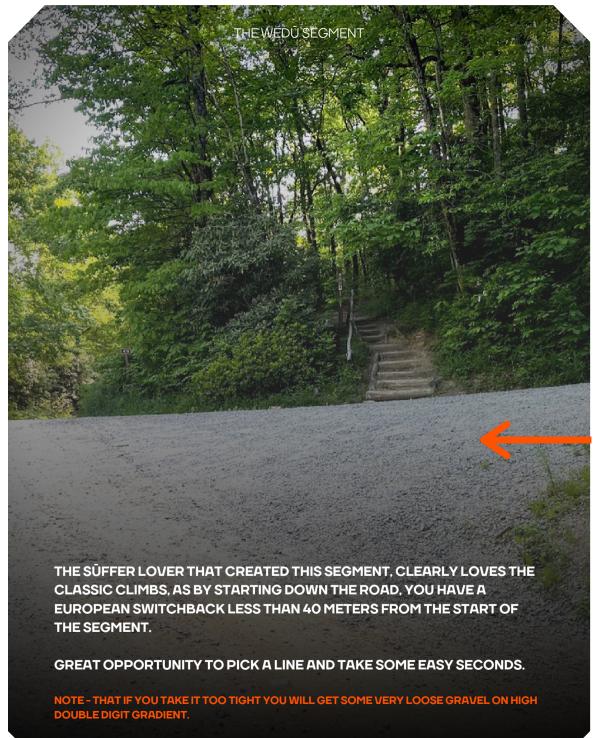


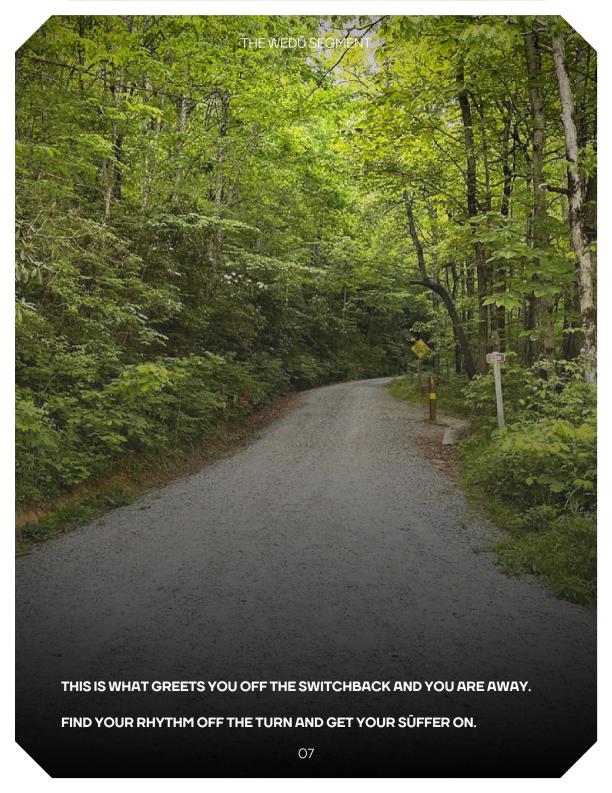
YEP. IT'S GRAVEL.

AND THE REAL STUFF TOO, NO MANICURED FRONT YARD TYPE OF GRAVEL, THIS IS PREHISTORIC IN PARTS. THERE IS A LOT OF IT, AND PLENTY OF VARIETY TO SATISFY ANYONE AND CHALLENGE EVERYONE.

DESPITE THE RECON WE CAN PASS ON IN
THESE PAGES AND THE ACCOMPANYING
VIDEO, WE SUGGEST AT LEAST ONE RECON
RIDE TO TRULY UNDERSTAND WHAT YOU ARE
GOING TO BE RIDING UP AND ON.





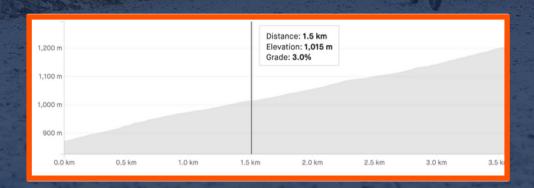


THE WEDU SEGMENT



THE AVERAGE GRADE OF THE CLIMB COMES OUT AT 9.4%, BUT BE READY FOR PLENTY OF DOUBLE-DIGIT SUFFER.

NOW DEPENDING ON WHICH ROCKS YOU GO OVER, THERE ARE SOME MOMENTS OF SIGNIFICANT VERTICAL TO BE ENJOYED.



THERE ARE ONLY TWO FALSE FLATS, THE FIRST DURING THE SECOND KILOMETER, GIVES YOU A 3% AND THE NEXT IS NOT AS POLITE WITH ONLY 5% BUT COMES AFTER MOMENTS OF 12-14%.

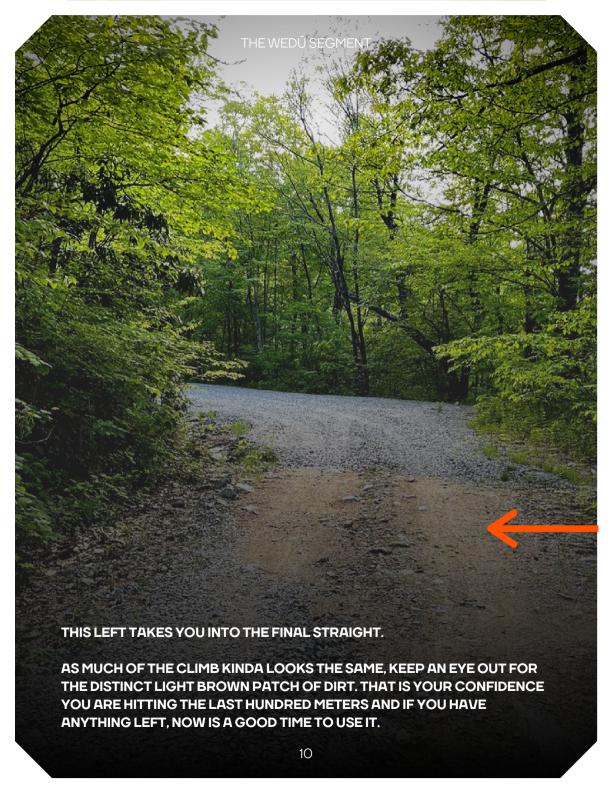
THE WEDU SEGMENT

THEN THERE ARE SOME MOMENTS IN THE LAST 1500MS WHERE YOU FIND A FEW SURPRISES. TAKE GEORGE'S ADVICE AND PICK YOUR LINES AND YOU CAN AVOID THESE TWO 20+ KICKS.

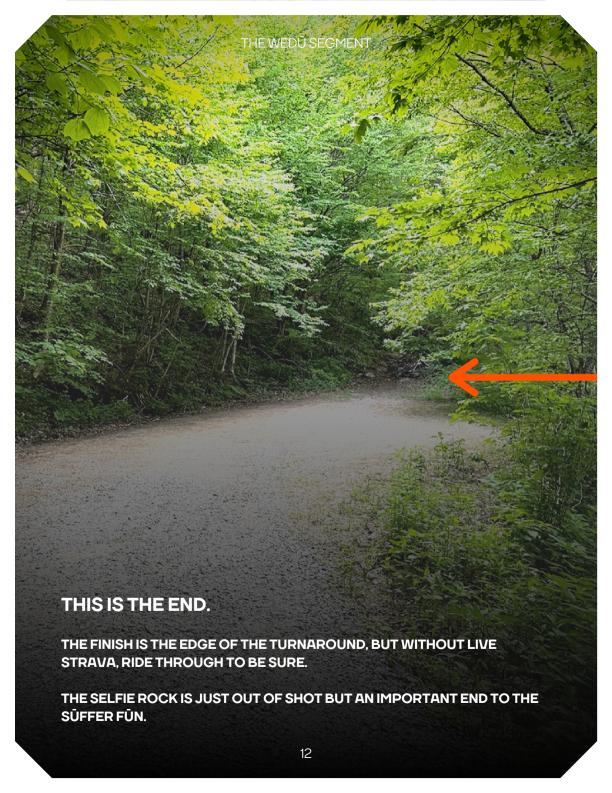


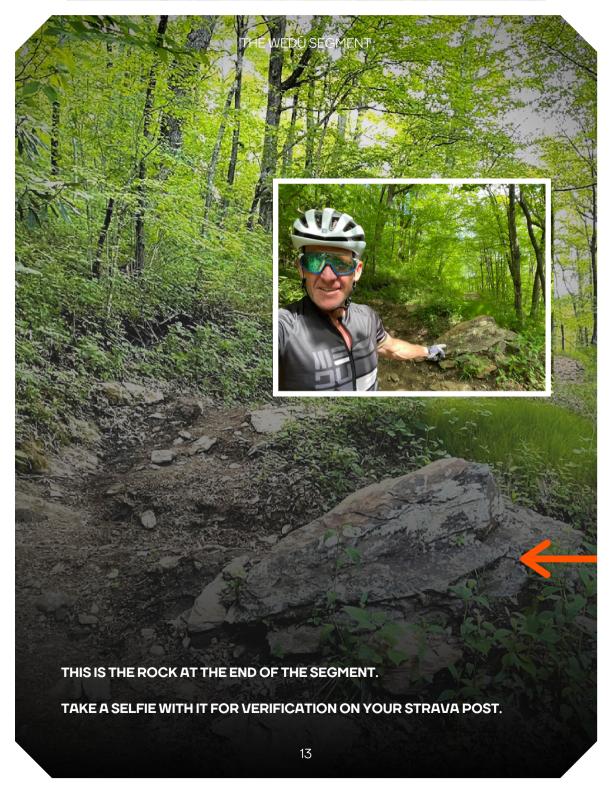
ALSO... THE TWO DAYS WE DID IT, WE COULD NOT FIND THAT 24.5% IN THE LAST FEW HUNDRED METERS. NOW WE CANT BE SURE OF WHAT ROCKS ROLL THROUGH, BUT DON'T BE SAVING YOURSELF FOR THAT, AS THE RUN INTO THE DEAD END IS BAD, BUT IT AINT 24.5% BAD.

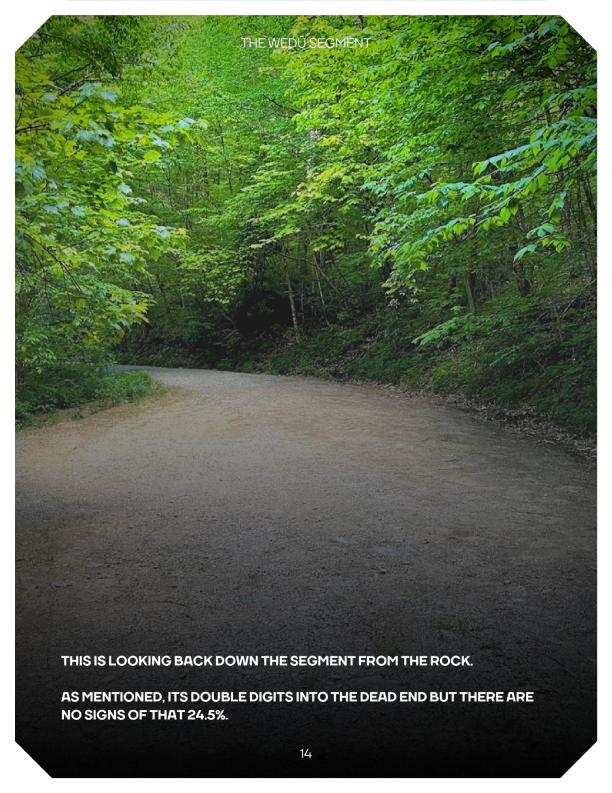


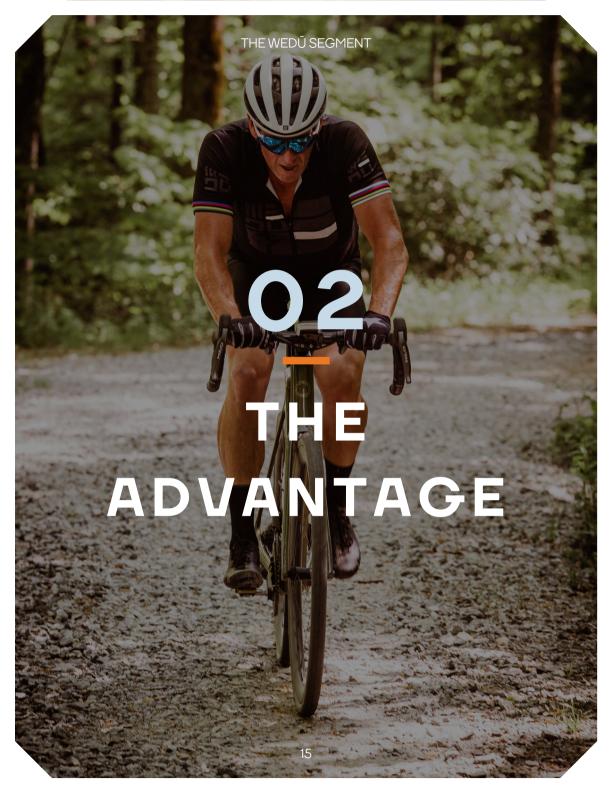


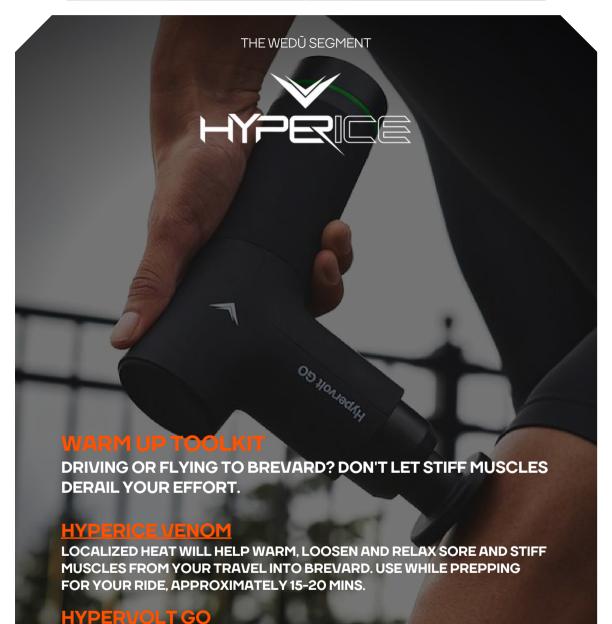








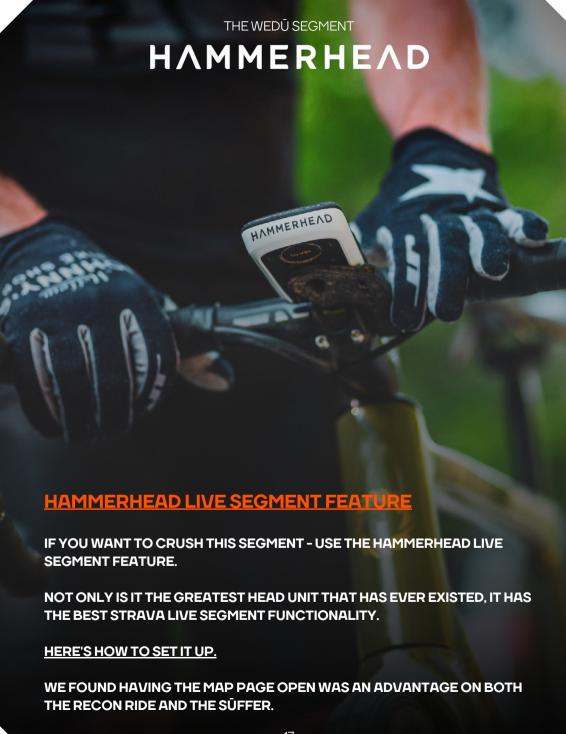


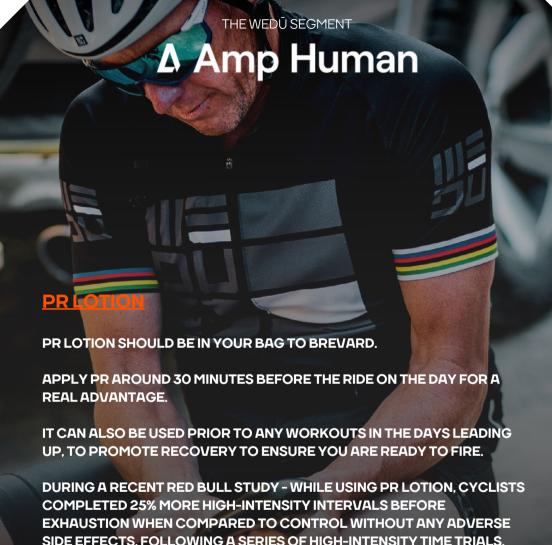


GET 15% OFF WITH <u>THIS LINK</u>.

RANGE OF MOTION BEFORE IT'S GO TIME.

HIT ALL MAJOR MUSCLE GROUPS ON THE LEGS. USE FOR 5-10 MINS PER LEG TO HELP THE BODY WARM UP. INCREASE FLEXIBILITY AND IMPROVE



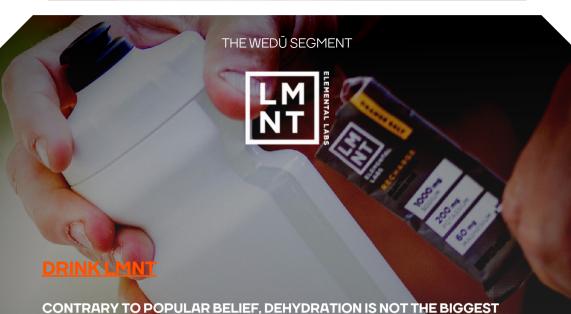


EXHAUSTION WHEN COMPARED TO CONTROL WITHOUT ANY ADVERSE SIDE EFFECTS. FOLLOWING A SERIES OF HIGH-INTENSITY TIME TRIALS, THE ATHLETES WHO APPLIED PR LOTION EXPERIENCED 53% REDUCTION IN DELAYED ONSET MUSCLE SORENESS (DOMS) COMPARED TO A CONTINUED RISE IN PAIN OF 34% WHEN THE SAME ATHLETES USED A CONTROL LOTION. THIS SHIT WORKS. NO DOUBT.

TO GIVE YOU THE BEST CHANCE TO CRUSH PILOT MOUNTAIN USE THE EXCLUSIVE WEDU DISCOUNT:

USE CODE "SEGMENT30" AT CHECKOUT FOR 30% OFF





PROBLEM FACING ATHLETES. OVERHYDRATION — DRINKING TOO MUCH WATER WITHOUT REPLACING ELECTROLYTES IS.

THIS MEANS DRINKING TO THIRST AND ENSURING ADEQUATE ELECTROLYTE INTAKE.

DRINK LMNT IS THE SOLUTION. IT'S A TASTY ELECTROLYTE DRINK MIX DESIGNED TO SUPPORT ACTIVE HYDRATION AND A HEALTHY LIFESTYLE.

LMNT HAS ENOUGH SODIUM, POTASSIUM, AND MAGNESIUM TO GET YOU FEELING AND PERFORMING YOUR BEST. PLUS IT HAS NO SUGAR, NO COLORING, NO ARTIFICIAL INGREDIENTS, OR ANY OTHER JUNK YOU DON'T WANT.

TOP PERFORMERS ARE ALWAYS LOOKING FOR AN EDGE — WITHOUT THE SUGAR. THAT'S WHY THEY USE LMNT.

AS A MEMBER OF OUR COMMUNITY, LMNT HAS A VERY SPECIAL OFFER FOR YOU. CLAIM YOUR FREE LMNT SAMPLE PACK - YOU ONLY COVER THE COST OF SHIPPING.

GET UNLIMITED FREE SAMPLE PACKS FOR THE COST OF SHIPPING AT DRINKLMNT.COM/WEDU.





***Huckberry**

SHOP THE LIMITED EDITION HUCKBERRY BREVARD COLLECTION











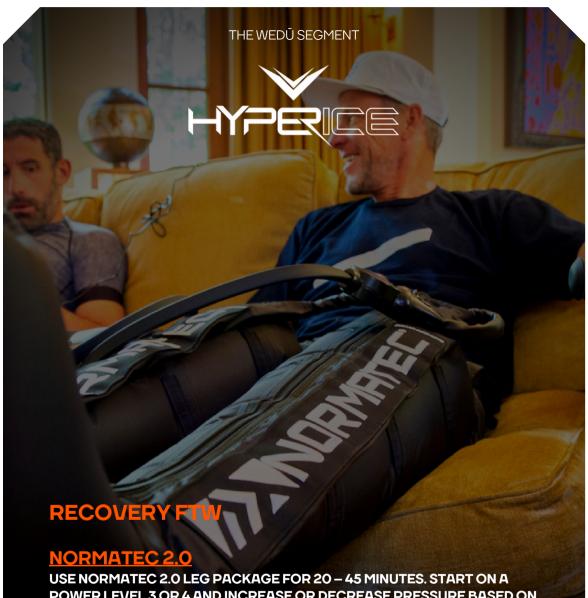








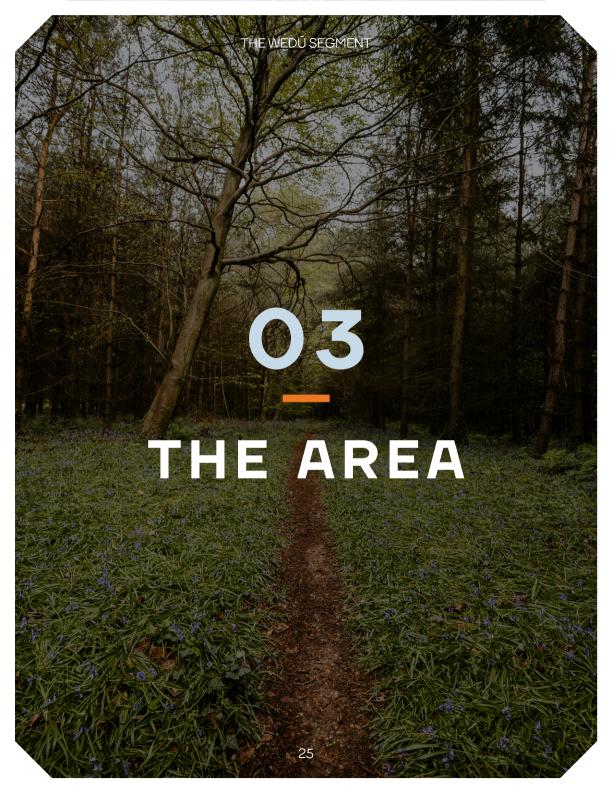


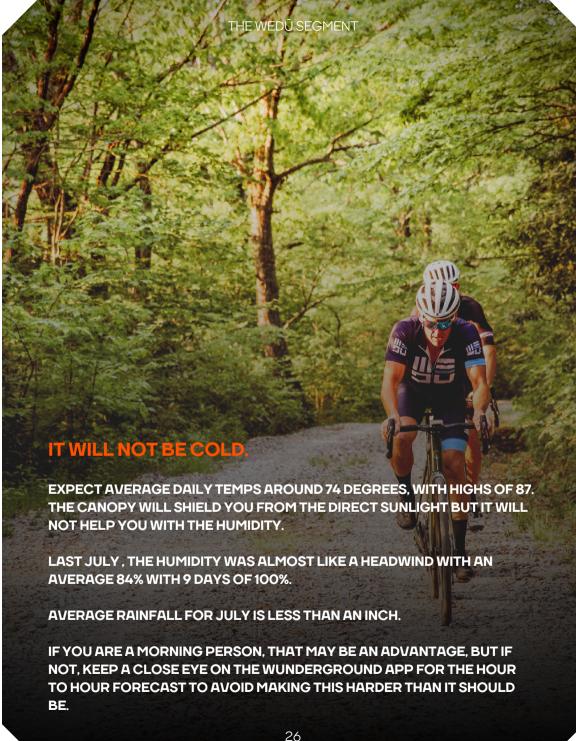


POWER LEVEL 3 OR 4 AND INCREASE OR DECREASE PRESSURE BASED ON PERSONAL PREFERENCE.

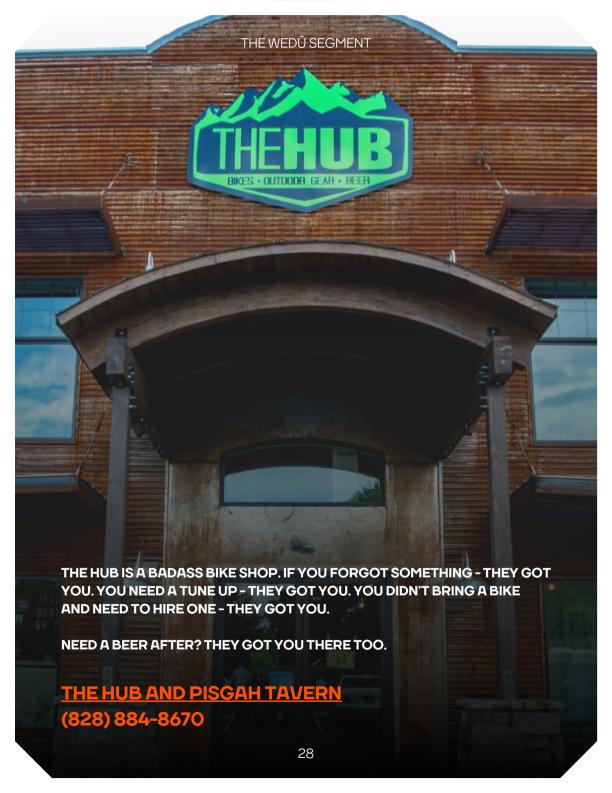
THE PATENTED PULSING ACTION WILL FLUSH OUT METABOLIC WASTE AND LACTIC ACID BUILD UP TO CUT DOWN ON YOUR RECOVERY TIME AND GIVE YOU FRESH LEGS FASTER.

GET 15% OFF WITH THIS LINK.









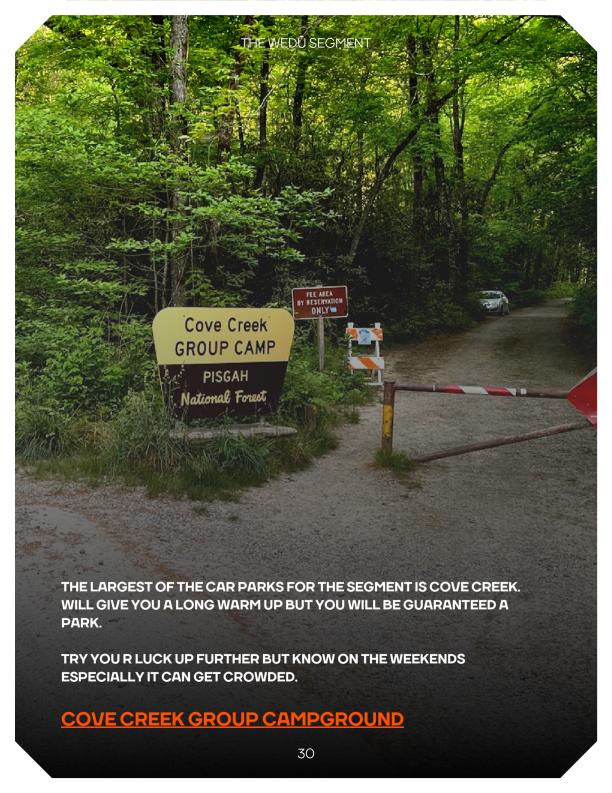


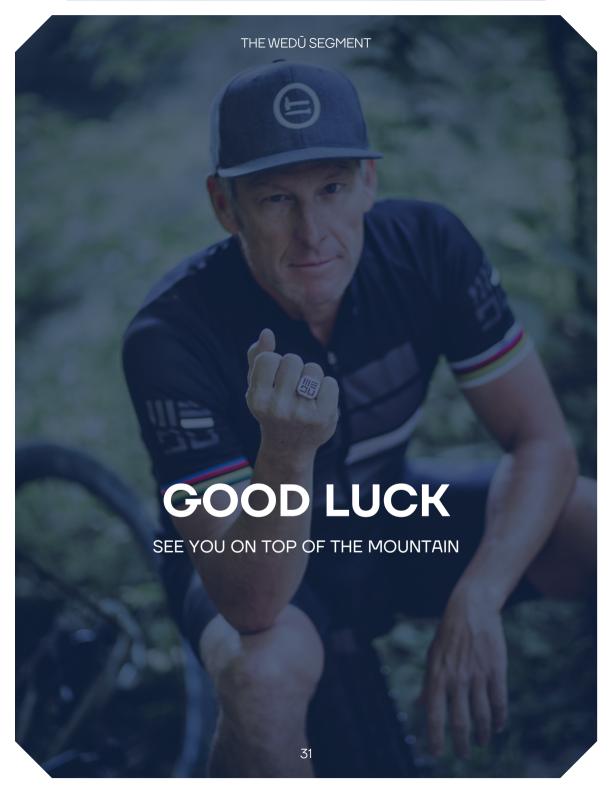
EL CHAPALA)



WANT A GOOD PLACE TO EAT AND HAVE A MARGARITA THE SIZE OF YOUR HEAD? WE RECOMMEND EL CHAPALA.

EL CHAPALA (828) 877-5220





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∆ Amp Human

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LM FOR THE COST OF SHIPPING AT: **UNLIMITED FREE SAMPLE PACKS** DRINKLMNT.COM/WEDU



15% OFF
WITH THIS UNIQUE LINK.

≯Huckberry

15% OFF (ONE TIME USE, EXPIRES 7/18)

