

IORILLO

C Y C L I N G

In 2009, an innocent holiday gift given to my lovely husband of nearly 20 years ultimately revealed the true "cycle-path" I married. That holiday gift, a one week bike camp at Carmichael Training Systems, which we successfully completed untrained, on **hybrids**, through rain and hail on this lovely wife's 40th birthday while the rest of the field flew past us on their 15lb road bikes and fancy power meters (power what?), turned into three consecutive years of Ride the Rockies, more feet of climbing than Mt. Everest (per year), countless miles of training and other events, more bike camps, an insatiable "need" for bikes and gear (yes, even power meters), over 5GB of cycling pictures, and well...I have to admit...quite a few great memories.

From it, **Iorillo Cycling™** was born, our "team" of two with the occasional unsuspecting addition, complete with "professional" SAG (Dad), who also spends a fair amount of his time pedaling. **Iorillo Insights™**, our annual friends and family holiday publication, also became more of an annual recap of our cycling endeavors. We, and our bikes, have since been featured in marketing campaigns reaching tens of thousands of households by Scottsdale Healthcare and DJO Global, both promoting my husband's incredible cycling come-back after his 2011 knee replacement, further exacerbating his OCD (Obsessive Cycling Disorder).

Our family now spends much of its time on or around wheels, including our two dogs, the smaller of whom has happily ridden in a dog trailer through 150 miles of bikeMS and the larger of whom anxiously awaits his 5am, 1.5 mile sprint next to my bike every morning. Our passion for cycling, love of RTR, and the unique perspective of this married, forty-something, virtually vegan pair of health and fitness nuts hailing from sunny AZ would make us the perfect Peak Pedalers. The combination of witty-wife writing and the photo-op-session of "lovely husband" is sure to please RTR followers.

Our cycling and fitness endeavors (which also include hiking Grand Canyon rim to rim, attending annual Yoga Journal conferences, white water rafting in CO, and even a biathlon) have afforded us incredible experiences and access to industry greats. As part of our RTR training, we will be riding in our fourth CTS Training Camp, as well as the inaugural Bottega Gran Fondo hosted by Chef Michael Chiarello, where we will be riding alongside cycling legends George Hincapie, Christian Vande Veld, Dave Zabriski, Chris Carmichael, and Bob Roll.

We'll give you an intimate look at not only our daily RTR adventures, but also our training, events, nutrition, gear and exclusive peaks at our power profiles shared via Strava and Garmin. We'll do all that with the enthusiasm and wit that only a "cycle-pathic" couple could muster. So, please join us for another year of "As the Wheels Turn", a dramatic tale of two middle aged athletes who refuse to let sleeping dogs lie, rather put them on wheels and pull them around...you know, just for the fun of it!



MS150 2010



TDT 2010



CTS 2011



RTR 2012



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