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Selecciona tu tienda por:EstadoAlcaldía / MunicipioNombre de SucursalPor el momento no contamos con existencias de este producto para el servicio de Recoge en Tienda. The ruins of an Inca nunnery and temple dedicated to the Virgins of the Sun - also known as Ajlla Wasi or ñiñak Uyu - occupy an amphitheater-like valley on the northeast shore where most ferries drop you. It's constructed of well-worked stone set in adobe mortar and was likely initially built by the Tiwanaku.Half of the site has been reconstructed. S Pakhrin/WikiMedia Commons Cinco de Mayo is often celebrated in the United States with Mexican food and drinks, music, dancing and more. Some cities have parades and cultural performances. However, how Cinco de Mayo is celebrated and even who participates in it has changed over time. Today, the biggest celebrations are held in major cities with significant Mexican-American populations, like Washington D.C., Los Angeles, Houston, Boulder, San Antonio and more.What Cinco de Mayo Is All AboutAn important thing to remember if you plan on celebrating Cinco de Mayo is that it's not the anniversary of Mexico's independence. That's celebrated on September 16, the anniversary of the 1810 call by Miguel Hidalgo for independence from Spain, and is comparable to July 4th and the signing of the American Declaration of Independence. Photo Courtesy: S Pakhrin/WikiMedia Commons Cinco de Mayo is instead the celebration of the victory of a Mexican Army over invading French forces at the Battle of Puebla on May 5th, 1862. France was attempting to force a puppet monarchy on Mexico, and the victory of the smaller, mostly indigenous Mexican army against some of Europe's toughest soldiers inspired the people of Mexico. While the Battle of Puebla didn't end the war with France, it was an important symbolic victory. Today, Cinco de Mayo is celebrated in the state of Puebla with speeches, parades, reenactments of the Battle of Puebla and even an international mole sauce festival. However, it's not a national holiday in Mexico, and most of the country doesn't observe it. In the United States, Cinco de Mayo took off as a holiday when Mexican-American activists used it to celebrate Mexican and indigenous accomplishments during the civil rights movement in the 50s and 60s. However, it didn't become widespread until beer and liquor companies used the holiday to promote sales in the 80s.Festive FoodsIn the United States, Cinco de Mayo is often celebrated with tacos, guacamole, nachos and other Mexican-American foods. Mexican beer, including brands like Dos Equis and Corona, as well as liquor and mixed drinks, such as tequila and margaritas, are also popular. However, you don't have to stick to these classic foods to have a great Cinco de Mayo if you don't want to. Photo Courtesy: Ruth Hartnup/WikiMedia Commons Traditional Mexican dishes can add extra flavor to the holiday. Elote — grilled corn on the cob covered in mayonnaise, cotija cheese and spices — can add a street festival feel to a meal, while a bowl of pozole beef soup makes for a great appetizer. Chicken flautas, salsa verde enchiladas or avocado quesadillas can replace ground beef tacos as the main course, or you can make mole poblano for a dish straight out of Puebla itself. Top things off with churros and chocolate sauce for desert, and you have a meal worthy of a great celebration.Festivities and DecorationsStreamers, napkins and other items featuring the colors of the Mexican flag can be a tasteful way to celebrate Cinco de Mayo. While many adults may enjoy Mexican beer and other drinks, a pinata can be a fun way for even kids to get in on the celebration. Photo Courtesy: S Pakhrin/WikiMedia Commons Playing traditional Mexican music is an easy way to set the mood for the holiday. While most Americans think of mariachi music when it comes to Cinco de Mayo, there's also grupera, banda, Norteño, Tejano and more to choose from, so don't be afraid to mix things up. You can even learn zapateado, the type of dance moves often performed to mariachi music, or watch an expert if you're feeling bashful. While sombreros and fake mustaches can come across as disrespectful to Mexican-Americans, buying food or other goods from Mexican-American businesses or learning about Mexican-American history can keep the spirit and intent of the holiday alive in a way that's fun for everyone. And of course, local parades, festivals, concerts or other events are always a good time. MORE FROM REFERENCE.COM Media Platforms Design Team You're already thinking outside the car—on weekends anyways, when you can pedal to a beach or cafe without worrying about where to stash your briefcase. But that's not all your bike can do for you. While you're in the saddle, pedal away unwanted pounds, break personal speed records, and go farther than you've ever gone before. Push yourself—and the pedal—following these tips and this workout plan from Adam Pulford, a pro-level cycling coach for Carmichael Training Systems. The Colorado-based training center and program was founded by the world's most famous bike and endurance coach, Chris Carmichael, who has worked with legendary Tour de France riders, including George Hincapie and Lance Armstrong. Even though you'll never be as fast as the Tour de France cyclists hitting the road today, you can be a fitter, faster, and leaner you. Just follow Pulford's advice. Go for Longer "If you're only used to one to two hourlong rides on the weekends, start there, and add on 15 to 30 minutes each week for three weeks," Pulford suggests. If you begin incrementally adding time starting now, by the end of the Tour de France (July 22), you could be up to three-and-a-half hour rides. That's 50 miles if you're averaging 14 mph. (Avoid knee and back pain by perfecting your biking form. Here are 6 Cycling Technique Tweaks you need to make.) Lose Your Gut Cycling is a low-impact way to burn calories. "Even a novice rider will burn up 400 to 700 calories per hour in a hard spin class," Pulford says. "Cycling is a lifelong exercise that's easier on the body's joints than say running, so you can generally ride more often and get in more volume without some of the nagging injuries associated with higher-impact activities," he adds. The more time you spend in the saddle, the better. "Some pros will burn up to 1,000 to 1,100 calories per hour in racing!" Pulford says. Reap the same waist-whittling benefits by hitting the road four to five times a week. You'll ditch the beer belly in no time. Ride Faster "If you want to gain speed, you have to train what we call your lactate threshold, or the point at which you will start accumulating more fatigue faster," Pulford says. "Doing workouts at or slightly above this threshold stresses your body in a good way, and with enough rest, your body will adapt and get more fit." "Under-overs" is a workout that increases your lactate threshold by getting you to ride at just under that threshold, then over it, under it, and finally over it again before resting. You can do this on flat or rolling terrain or even on a gradual hill. If you can get out and ride during the weekdays, do this quick workout on Tuesdays and Thursdays. THE RIDE FASTER WORKOUT 10-minute warmup (perceived effort of 4 to 5 out of 10) 30-second mini-sprints at 100+ revolutions per minute (rpm), repeated three times TIP: Monitor your cadence to make sure above 100 by counting how many times your right leg goes round for 20 seconds (should be above 33) then multiply by 3. If you're bouncing in the saddle, scale back a bit to smooth out your high cadence. Recover between each of the mini sprints with a 90-second rest (easy spinning). Under-overs: 2 minutes "Under" lactate threshold at perceived effort of 8/10 and 85 to 95 rpm 2 min Over at 9/10 and 85-95 rpm 2 min Under at 8/10 and 85-95 rpm 2 min Over at 9/10 and 85-95 rpm Do three total under-overs (8 minutes each), with 4 minutes of easy spinning between each one. 5-10 minutes easy spinning to cool down. In the market for a new ride? Check out the Best New Bikes from \$500 to \$5,000. If you liked this story, you'll love these: Does Your Bike Fit You? 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