



April 14th, 2009

## Racing



### We're Heading Full Steam Ahead into the Racing Season!

Here are a couple of great races worth checking out:

[Rock Creek Trail Marathon May 23rd](#)

[Scenic City Multisport Tri/Du April 25th & 26th](#)

These will both be sure to add variety and a ton of fun to your calendar.

### Chattanooga's Kris Whorton Runs 100 miles in 16:05

In case you didn't notice, 16:05 for 100 miles is really fast! I was lucky to enjoy to interview Kris about her ground breaking race.

Please see the following link: [Interview with Kris Whorton](#)

## Training



### April 8<sup>th</sup> was "National Start Walking Day"

I have resisted the urge to write about walking because I usually get a blank stare when I talk to about walking to my endurance racing friends. I bet I have already lost half of you.

For those of you still here, think about how much you walked as a youth. You walked to your friend's house, the swimming pool, the play ground, etc.. As students you walked to class, the cafeteria, library, etc.. Now as adults many of us do not walk very much.

Let's start with the basic premise that being more active is better than being less active. So keep doing your elliptical, biking, running, swimming, etc., but add in a little walking every day. I think you will be amazed the power of a good walk.

Often you can work a walk into your daily commute. Just park a few blocks away from work and walk the rest of the way. There are endless opportunities to walk you just have to look for them.

## More Training



### Track Workouts

Track workouts are key to reaching your full potential as a runner. Joining in group workouts can make the task seem a lot less daunting and you'll make new friends along the way.

**New Ooltewah Track Group:** Every Wednesday at 6pm, meet at Ooltewah High School. All ability levels are encouraged to come out and join in the fun. Here's how to get there:

[Directions to Ooltewah High School](#)

**Downtown Track Workout Option:** Every Thursday night at 6:30pm, meet at Fast Break Athletics to participate in their track workouts (Frazier and Tremont). Joey Howe leads the pack and all speeds are welcome. See link below for info:

[Downtown Track Workout Information](#)

## Nutrition



### Making Sourdough Bread

Bread has gotten a bad rap lately. Bread is like just about every other thing in life - it is all about moderation. You do not want to live off of grapefruit alone, do you?

As a kid my Mom used to keep this mystery bowl of what she call "starter". She made sourdough bread from this mystery starter. I never went near the stuff.

I have been making my own bread for some time now, but never had the nerve to try sourdough. Well, I will tell you it is pretty easy. Learning to making sourdough is like anything new - you will have a bit of a learning curve, but after a while it is really easy. Below is a beginner recipe to create your own starter. Give it a try - what is the worst thing that can happen? Remember, there's always the bread aisle at the grocery store.

[Link to the World of Sourdough!](#)