



April 19th, 2011

## Racing



**Please Vote for Brenda and Lee!**

**With your help we may win a free entry into the 2011 Pisgah Mountain Bike Stage Race this September**

<http://www.surveymonkey.com/s/3Q8WNCK>

### What is El Reto de los Volcanes?

“Now in its fifth edition, El Reto de los Volcanes (“El Reto”) continues to offer participants a unique and challenging stage race that incorporates epic climbs with singletrack and technical downhills. Over the course of its three days, racers will ride on the slopes of five volcanoes, visit several protected forested areas and ride in limited-access cloudforest singletrack.

El Reto is a challenging endurance race with thousands of feet of cumulative elevation gain and assorted technical downhill challenges keep experienced riders in check. In addition, racers will experience several types of tropical ecosystems and rapidly changing weather including high altitude conditions.”

<http://www.retodelosvolcanes.com/english/index.cfm?subpage=abouttherace>

So Brenda and I teamed up to win the team division again this year...the sad thing is that we were the only team. We spoke to the RD about allowing two males to compete as a team for next year. This race is a great value when compared to other stage races. You get lodging, transportation to and from the airport and each stage, three stages and all meals, plus a cool jersey, backpack and baseball cap, all for only \$850.

## Racing (cont.)

Amy and Justin Mace raced again this year. Amy was the 4<sup>th</sup> place female and Justin was the 3<sup>rd</sup> placed master. We also had friends from Boston, the UK, Mexico and Venezuela.

You quickly form a bond with the people traveling to Costa Rica because we stay at the same hotel, shuttle to and from each stage and eat our meals together. We even picked up a few words of Spanish. I will try to learn a few more before next year's race.



The routine is something like this:

- Coffee, Breakfast
- Load bikes and travel to the day's race
- Race your guts out over super steep climbs and speed downhill looking out for goats, dogs, cats, chickens, horses, cows, farms trucks, four wheelers, motorcycles, and people.
- Clean and load bikes
- Eat a great lunch served at the race finish
- Travel back to hotel in time for massage, soak in pool, eat dinner and sleep
- Repeat

I could have done that for a few more weeks.

If you are considering doing a stage race this one should be at the top of your list.



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## Nutrition



### Vegetable Garden

Spring is coming and the time for gardening is getting close. Planting your own vegetable garden is great in many ways. The produce is the best, you get some good exercise, and pride in producing your own food. One down side is that if you are not careful you can spend a lot on your garden. Below is a link that I found kind of funny, but also a good reminder to watch the amount of money you spend on your garden.

<http://www.veggiegardeningtips.com/>

## Training



### Walk Before You Run

I feel like this is my least popular philosophy, but I strongly feel that sometimes you should walk your running miles.

## Training (cont.)

First let me say that I see many people trying to run when they should be walking. I am a big fan of walking for general fitness. A large base of consistent walking is a great foundation for your fitness. Most people can walk 50 miles a week without injury, but few can run that many miles consistently.

Injured runners can often walk. If during your down time from running you walk your weekly running miles you will be better prepared to resume your running.

Try starting a walking group at your work. You will encourage a few people to go for a walk rather than heading out for fast food.

## Upcoming Races & Events



### Scenic City Multisports

<http://www.sceniccitymultisport.com/>

### Scenic City Trail Marathon and ½ Marathon

<http://www.rockcreek.com/trailmarathon.rco>

### Pisgah Mountain Bike Stage Race

<http://www.blueridgeadventures.net/stage/>

### Fool's Gold 100 and 50 mile Mountain Bike Race

<http://www.55nine.com/100.html>