



April 28th, 2010

Racing



El Reto de los Volcanes

Race report from a very cool race in Costa Rica:

First let me say that I realize how lucky I am to be able to do a race like this. For Brenda and me this was as much a tour of Costa Rica as a race. We raced hard, but we also made a point to look around and see the sights.

The race involved 3 stages for a total of 150 miles and lots of climbing. If you do not like climbing for hours on end, Costa Rica might not be the place for you. Everyday seemed epic with paved and gravel roads, with double and single track mixed in.

[Read more Here](#)



More Racing



Cohutta 100 Mile MTB Race Crushes Hopes and Dreams

Not really, but kind of...

Leading into the 2010 edition of the Cohutta 100 and 65 miles races, the weather was really nice - mid-70's and sunny. All of that changed on race day with rain, wind, lightning, fog and cold temperatures.

As usual Brenda and I had hoped to ride together, but neither was going to wait for the other. We hopped into the single track in a comfortable position without any problems. Then a few things start to happen that made me think this day might not be without drama...

1st: I noticed a carefully packed saddle bag scattered along the trail. I saw a tube, then a large CO2, then a multi-tool. Not really an unusual sighting, but it sucks for the person who lost it.

2nd: Then the guy in front of Brenda started throwing up. Every few minutes he would blow chunks and I could smell it, but Brenda was actually getting sprayed. After about the fifth time the poor guy pulled over to dry heave a few times as we passed.

[Read more Here](#)



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Miscellaneous



Lifestyle Tips

I am prepared to take a little flack on this one, but John Tesh has a great web-site with many healthful tips. Check it out: <http://www.tesh.com/>

Movie Recommendation

“The Blind Side”

“The story of Michael Oher, a homeless and traumatized boy who became an All American football player and first round NFL draft pick with the help of a caring woman and her family.”

Are Endurance Sports Good for Your Brain?

Well after a study of one, I am not so sure it is good for your brain. I just celebrated my 45th birthday and below is the cake Brenda bought for me:



Training



Great Training Opportunity from the Chattanooga Triathlon Club and Local Coaches

<http://simrilmultisportcoaching1.vpweb.com/CTCTraining.html>

Weekly Wednesday Track Workouts

This is a great workout for all level runners!

Place: Ooltewah TN High School

Time: Wednesdays @ 6pm

Upcoming Races & Events



Scenic City Trail Marathon & Half Marathon
May 22, 2010:

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

Scenic City Multisports has several interesting races in the coming months. Please check them out at the link below:

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