



August 19th, 2010

Racing



Training



. Interview with 2010 Coeur d'Alene ID Ironman Scott Talbert

LS: Congratulations on finishing the 2010 Ironman Coeur d'Alene.

ST: Thanks, it was a long day coming and I'm glad we got it done. Thanks for all the help!

LS: How was your training leading up to the big day?

ST: Training went really well with several long bricks of 90-105mi rides and then followed up with 10mi runs. The only problem was the lack of additional running due to my achillies problems. The other important part for me were weekly long open water swims at Lake Lanier that helped with the confidence in the water and helped figure out all the small details before the race. Things like what's rubbing on the wetsuit, which goggles to wear, how to sight buoys, holding a line without having to see it more than every 6-8 strokes, etc..

LS: Please give me a rundown of your nutrition for race day, beginning with the night before the race and ending at the finish line.

[Read the rest of the story here](#)

Weekly Wednesday Track Workouts

This is a great workout for all levels of runners!

Place: Ooltewah TN High School

Time: Wednesdays @ 6pm

Upcoming Races & Events



Can you think of a better way to spend a few days in September then riding your mountain bike in The Pisgah Forest?

Pisgah Mountain Bike Stage Race

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

Stump Jump 50k and 11mile Trail Race

<http://www.rockcreek.com/stumpjump/default.asp>

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

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