



August 7th, 2009

## Racing



### Are You Ready for A Mass Start Triathlon Swim?

I have hesitated on writing this article because my first reaction to this question is "sure, go for it". The reality is that mass start open water swims can be a little dangerous. We need to be realistic with ourselves about our abilities.

Let me clarify what I consider a mass start - races like the IM where every category starts at one time and the race has over 200 people.

[Click Here to Read the Rest of the Article](#)



### Let's Not Take Racing For Granted

With age comes wisdom. I am not 20 anymore, and I feel that has given me some perspective. Don't get me wrong - I am still as competitive as the next guy. I still get nervous the night before a big race and want to go faster all of the time.

Over the last few months I have talked to many athletes about their performance at races. Many were very excited about a PR or breakthrough of some type. I have also talked to others that were disappointed with their performances. It is okay to be disappointed and desire to perform better, as long as we can channel these emotions in a positive direction

[Click Here to Read the Rest of the Article](#)

## Training



### Drill to Become a Faster Swimmer

Catch-Up Drill, Fingertip Drag Drill, Single Arm (R, L) Drill, what does all of this mean?

[Click Here for an Explanation](#)

## Upcoming Races



### Lookout Mountain Off-Road Triathlon

**When:** 10/10/09

**What:** Canoe 2 mi / Trail Run 3.25 mi / Mtn Bike 7 mi

**Where:** DeSoto State Park

[http://www.littlerivercycle.com/lrco\\_site/INDEX.html](http://www.littlerivercycle.com/lrco_site/INDEX.html)

### 2009 Black Bear Rampage Mtn Bike Race

<http://scottsbikes.com/page.cfm?PageID=168>

### Toyota of Cleveland - YMCA Strong Adventure Race

<http://strongadventurerace.com/>