



December 23rd 2008



Andrew, Randy, Kris, and Brenda marking part of the 100k course.



Chattanooga's First 100k Trail Race

Ever wonder how far you can run? A group of hardy runners got a chance to test their strength on December the 20th. Runners pushed themselves on the epic trails of North Georgia and Tennessee. Very few places in the country have trails of this quality so close to downtown. Money from the race went to support local trail access and maintenance. More details can be found at the links below:

<http://www.rockcreek.com/lookout/>
<http://runintheboonies.org>



Which Way Should I Go??

Training

Looking for Some Pain on a Winter Day?

It is that time of the year again - the Crash B's are coming up. The race may be short, but the pain will last for hours. What is a Crash B? Check out the link below:

<http://www.concept2.com/us/racing/calendar/default.asp>

Do You Really Know How to Fix a Flat Tire?

It is not as sexy as an aero helmet, but it can save you more time. There is a difference between thinking you know how to fix a flat tire and really having a plan should you have a blowout. We train for months for one race. Why not take a couple of hours and really learn how to fix a flat?

Please check the link below for an article labeled "Tire Changing Tips":

<http://simrilmultisportcoaching.com/Library.html>

Debra's Winter Running Tips

Although dealing with heat may present greater difficulties for the runner, winter weather comes with its own set of special problems. This is especially true in the Southeast when there can be wide fluctuations in temperature over short periods of time.

Check out Debra Martin's full article at the link below:

<http://www.simrilmultisportcoaching.com/Library.html>