



December 5th, 2011

## Racing



### **Lee Simril's Interview with Swank Mountain Bike Race Winner 2011 Karen Masson**

LS: Congratulations on winning Swank 2011.

KM: Thanks! It was a fun race.

LS: How was your training leading up to race day?

KM: I had had some good longish and hard rides and runs the couple of months before, and was thinking it would be a fun race to do to end the season. But I had forgotten to register, and the race filled up. So I hadn't planned on racing, but checked the facebook page the night before in case there was a last minute entry up for grabs. There was and I grabbed it!

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.

KM: Because it was a last minute decision, nutrition was not as planned out as it could have been! The night before, I enjoyed homemade pizzas with the family (Marvin makes his own organic crust from scratch, so it's pretty healthy), and drank some wine (until I found the entry ;)

Breakfast was juice, granola with milk, banana and coffee.

I like Gu or Clif shots during the race, Ironman "Performance" drink, and figured that Todd (race director) does a good job with stocking aid stations if I needed it. I stopped at Aid 1 briefly for a water bottle refill, downed some coke and ate a 1/4 P&J sandwich.

Finish line was a nice local beef burger and beer for carbs!

LS: Please tell me your best moment of race.

KM: Felt really strong riding up to Farlow, and loved the Caney Bottom downhill to the finish!

LS: Please tell me your worst moment of the race.

KM: I felt good the whole day, which was surprising and great. Probably the start was the most frustrating. It was a cluster trying to get around people, find my bike, and pass riders up Caney Bottoms trail. I had to wait what seemed like "hours" to cross the few log bridges on that trail! ;) But I just relaxed and it probably put me in good stead as I wasn't able to go out too hard.

LS: How was your ride down Farlow (gnarly downhill)?



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KM: Been years since I had ridden Farlow! Love it! It is such a beautiful and challenging trail, especially with the leaves down. I walked the big technical sections, and got down happy and safely.

LS: Did you get to enjoy the post race party?

KM: Absolutely! So fun hanging out with good friends, watching the kids play and get filthy with the other kids, and drink good beer!

LS: What motivates you to race, as opposed to just exercising for the sake of fitness?

KM: gives me goals to work towards, and I just like competing, especially amongst friends.

LS: What are your race plans for 2012?

KM: Plan to do Xterra's again as well as a half Ironman triathlon in the Spring just to mix it up a little!



This is the time of year that we tend to do a few extra workouts per week indoors. I have never been afraid to read, listen to books or music and watch movies to keep me entertained. Here are a few recommendations.

### Books:

I enjoy reading all types of books and have read more than a few on nutrition. I find them all entertaining, but few have a true impact. Dr Joel Furman's book "Eat to Live" is a must read. It will change your life. It is not often I make such bold statement. I found his book on iTunes, but here is a link to his web-site:

<http://www.drfulhrman.com/shop/ETLBook.aspx>

I good friend of mine just wrote a book. I have not had a chance to check it out yet but I'm sure it's great:

<http://www.velojerseys.com/shop/the-jersey-project/>

### Movies:

Ride the Divide - "An award-winning feature film about the world's toughest mountain bike race, which traverses over 2700 miles along the Continental Divide in the Rocky Mountains. The film weaves the story of three characters' experiences with immense mountain beauty and small-town culture as they attempt to pedal from Banff, Canada to a small, dusty crossing on the Mexican border."

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

