



December 6th, 2010

## Racing



I cannot really call what we did in this event racing, but since I paid registration fees and someone yelled "Go!" that's enough to count as a race. During a recent trip to So. Cal. I was talked into doing a "Mud Run" <http://www.delmarmudrun.com/>. Find one in your area, grab a few friends and give it a try. I am sure you will laugh your butt off as I did.

Click the link below to see Coach Lee scared out of his mind:

<http://www.lifepursuitvideo.com/asppublic/VideoParms.aspx?VF=53338>

You will be asked for your zip code, but it will be worth it.

## Training

Time to get out your fanciest gloves for the cold weather...



## Nutrition

### The Soup from Hell

How Many Times Must We Learn Our Lesson?

You would think by this point in my life I would have a pretty good understanding of the nutrition content of my food. My awareness of food started young. My father was diabetic, so I started thinking early about sugars and what it can do to your body chemistry. My siblings are all athletic, so we have always shared knowledge and opinions about food. Lastly I married a girl that is just as crazy for being active and healthy as I am.

So with this background you would think I would have nutrition pretty well dialed in at this point. Apparently not.

[Click HERE to read the rest of the story](#)

## Upcoming Races & Events



### Reto de los Volcanes

<http://www.retodelosvolcanes.com/english/index.cfm?subpage=abouttherace>

### Lookout Mountain 50 mile and 10k

[Lookout Mountain 50miler/10k Trail Race Presented by Rock/Creek & The Boonies - Rock Creek Outfitters](#)

### Scenic City Multisports

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

### Snake Gap Time Trial

[NWGA SORBA RACE EVENTS](#)