



February 19th, 2009

Racing



Race Yourself into Shape

Now is the time to start signing up for your spring races. Rarely do we feel truly “ready to race”, but you can use races to help you reach your peak fitness.

Please check out the link below for one approach to reaching race fitness. (Note: Once you click in the link you will need to find the article by the same name.)

[Race yourself into shape](#)



New Marathon!!

Okay, I have to give a shout out for my home town marathon. This is the first year the marathon will be held in High Point NC. The race was held in Greensboro NC last year, but has been moved to High Point this year. I got to watch my big brother suffer during the race last year :')

<http://www.ncmarathon.org/>

Training

Heart Rate Monitors



I know training with a Heart Rate Monitor is “So Yesterday” (I just got back from a trip to LA).

However, Heart Rate Monitors can be a valuable training tool. Please check out the link for a few tips on how to use your HRM.

[Training with a Heart Rate Monitor](#)

Book, Movie and Streaming Radio Recommendation

The days are still short and often cold. As a result, we tend to spend more time working out indoors. Below are a few recommendations for things to do while you are getting it done indoors.



- [Book: The Glass Castle by Jeannette Walls](#)



- [Movie: Iron Man](#)



- [Radio Station: KROQ 106.7 \(it is free\)](#)