



February 2nd, 2010

Racing



The big racing season may seem like a long way off, but now is the time to plan your race calendar. Pick a few key races, sign up for them and post your entry on your refrigerator. That way, you will be reminded everyday of your goals for the New Year. We all need a little kick in the pants, and this might work for you.

The races you pick do not need to be the biggest and most glamorous races, they just need to be interesting and motivating to you. Races can take you to new and interesting places, so you might want to pick out a race in a city you are excited about visiting.

Upcoming Races & Events

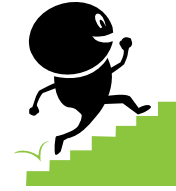
Snake Gap Mountain Bike Time Trial Series
http://www.nwgasorba.org/the_snake.html

Southern 6 Trail Run
Feb 21, 2010
[Southern 6 Trail Run](#)

Rock Creek River Gorge Trail Race
Mar 27, 2010
[Rock Creek River Gorge Trail Race](#)

Scenic City Triathlon
April 24, 2010
<http://www.sceniccitymultisport.com/>

Training



Winter

You have got to be kidding me!

The days are short and the weather is cold. So...mix it up! You cannot expect to spend 5 hours on your road bike when the temperature is below freezing, and that is okay. Go for a hike, trail run, swim or paddle.

The key to having fun with the fitness lifestyle over many years is to keep things interesting. Think of it this way: if it was sunny and 70 degrees everyday you would not fully appreciate sunny and 70 degree days!

Tip of the Month



Make your own peanut butter. Really - it is easy. All you need is a food processor, peanuts and a little oil. Chocolate is optional (and yummy!). Dump it in, turn it on and voila! - you have peanut butter. The advantage is that you get rid of the partially hydrogenated oils, control the amount of salt and it can be cheaper.