



January 08th 2009

Racing



2009 Snake Creek Gap 6 Mountain Bike Time Trials

Jim Farmer, Brenda and I had the chance to do a truly epic mountain bike race on 1/3/09. What a way to ring in the New Year! If you are interested, you have two more chances to test your metal - February 7th and March the 7th. Please see the link below for details:

http://www.nwgasorba.org/the_snake.html



Something a little less bumpy

The Chattanooga Track Club has runs and races offered every week. Racing and group runs are a great way to reach the next level of fitness. Check out the link below for a calendar of events in the Chattanooga area:

<http://www.chattanoogatrackclub.org/calendar.cfm>

Training



Working Out and Being Fit Should Be Fun

I'm sure many of you have watched the show "The Biggest Loser". I've watched the show and have been inspired by the successes I see. I do, though, wonder about the future success of the participants.

The show has taken people with poor eating habits and a sedentary lifestyle and put them on a very focused diet and workout program. I have to think there is a middle ground that has a better chance of long term success. I do not know about you, but I do not enjoy running at full speed on a treadmill while someone yells at me. How about a nice hike in the woods?

Allow me to tell you a story that might just give you some ideas about how to spice up your fitness lifestyle...

Brenda and I were lucky enough to get tickets a 2007 Green Bay Packers game. So, being Type A workout people the question was how do we get in a fun workout and still spend the day watching the game? The easy solution was that we parked the car 3 miles from the stadium and walked to and from the game. This bit of "outside the box thinking" resulted in lots of good things:

- Free parking
- Missed the traffic coming and leaving the game
- Covered 6 miles in challenging conditions
- Got to see the Packers beat Detroit

Fun and adventure is all around us - we just need to look for it sometimes!

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