



July 15th, 2009

Racing



Beating the Summer Heat

Racing and training in the summer heat can be difficult, but here are a few tips to manage the heat:

- Acclimatization

Give yourself a week or two to acclimatize to the heat.

- Slow Your Pace

Do not feel that you have to maintain the same running and biking pace that you did when the weather was more forgiving.

- Replace Fluid and Electrolytes

You will need to be more conscious of replacing your fluids and electrolytes during extreme heat. Make sure to drink plenty before, during and after your workouts.

- Head for the Trails

Trail running and mountain biking can give you a break from direct exposure to the sun.

- Retreat from the Heat

After a hard workout or race take the opportunity to get out of the heat, so that your body will be recovered and ready for the next workout.

Training



Mix It Up

It is not at all uncommon to hit a midsummer motivational low. The spring road race calendar is over and the fall has not picked up yet. So what should we do?

Mix it up a little. Find something new and exciting. Do a triathlon with a paddle, a trail run, a mountain bike race, a hiking trip in the mountains - the options are endless.

Upcoming Races



Greenway 5 Mile Trail Race

<http://www.rockcreek.com/greenway/default.asp>

2009 Black Bear Rampage Mountain Bike Race

<http://scottsbikes.com/page.cfm?PageID=168>

SportsBarn/Quintanaroo Sprint Triathlon

<http://www.sportsbarn.net/index.php?b=22>

Toyota of Cleveland - YMCA Strong Adventure Race

<http://strongadventurerace.com/>