



July 20th, 2011

Racing



What does it take to Survive a 100 Mile Mountain Bike Race?

The ability and willingness to suffer is key to finishing a 100 mile mountain bike race. Whether you are first or last place you will suffer like a dog, so get ready. The feeling of accomplishment after the race seems to make it all worthwhile.

You will also need some basic mountain biking skills. Most of the 100 mile races are not overly technical, but the more skills you have the better.

The level of preparation needed to race a 100 miler can vary wildly. I have done 100 mile races as an afterthought and I have done them with very specific training. They hurt either way; they just take a little longer if you have not prepared specifically for the race.

Training for a 100 mile mountain bike race is super easy...just ride your mountain bike a lot.

Nutrition



Plate Size

Recently I was luckily enough to get to celebrate my mother-in-law's 80th birthday. The sisters put on a great dinner that was served on the fine china. For a while I have heard how our plates have grown over the years. I got a firsthand look at the growth of our plates and bowls. The old plates and bowls seemed laughably small. Maybe it was the exercise of heading back and forth to the kitchen for refills that kept people thinner in years past.

I have to say I swapped out my coffee cup for a plastic 32 oz UCLA cup!

Check the link below on plate size:

<http://www.livestrong.com/article/289219-plate-size-and-diet/>



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Training



Paddle Board

During recent trip to Big Bear CA I had the chance to hop on a stand-up paddle board. I have seen them during walks over the TN River and have always been curious.

I have to say the paddle board was great fun. I found several advantages to a kayak or canoe:

- Your view of the water from a standing position is much better than when sitting
- You are more visible to motor boats when standing
- Less stress on your back than when sitting in a kayak
- You get a full body workout and can really feel your lower legs working - a little like a wobble board

I would not say it is superior to a kayak or canoe, but the paddle board is a great option

Weekly Wednesday Track Workouts

This is a great workout for all level runners!

Place: Ooltewah High School Track, Ooltewah

Time: Wednesday @ 6pm

Upcoming Races & Events



Stump Jump 50k Trail Run 2011
<http://www.rockcreek.com/stagerace.rco>

Fool's Gold 50 & 100 Mile Mountain Bike Race
<http://www.55nie.com/100.html>

Pisgah Mountain Bike Stage Race
[pisgah stage race](http://www.pisgahstage.com)

Strong Adventure Race Ocoee TN
<http://www.strongadventurerace.com/>