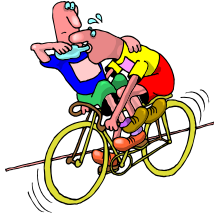




July 28th, 2010

Racing



Breckenridge 100 Mountain Bike Race 2010

Well...3 down, 3 to go. Brenda and I have set a goal of doing 6 of the NUE 100 mile mountain bike races and we are halfway there.

The Breckenridge 100 starts above 9k feet, goes above 12k feet, and has around 14k total feet of climbing. Needless to say this was going to be a long day. Brenda and I were able to finish together at 12 hours and 3 minutes. The time sounds slow, but the course was tough. And I do mean TOUGH!

Racing at altitude was a big concern. We arrived in town on Wednesday night for a Saturday race. Three nights felt like the minimum about of time to adjust to the elevation.

[Read the rest of the story here](#)

Miscellaneous



What Kind of Junk Did You Eat After Your Last Long Bike Ride?

Try these waffles/pancakes after your next 6 hour bike ride. I am sure you will love them.

<http://www.mayoclinic.com/health/healthy-recipes/NU00348>

Training



Weekly Wednesday Track Workouts

This is a great workout for all levels of runners!

Place: Ooltewah TN High School

Time: Wednesdays @ 6pm

Upcoming Races & Events



Stump Jump 50k and 11mile Trail Race

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

Scenic City Multisports has several interesting races in the coming months. Please check them out at the link below:

<http://www.sceniccitymultisport.com/>

Fool's Gold 50 & 100 mile Mountain Bike race Dahlonge GA

<http://www.55nine.com/100.html>

Strong Kids Adventure Race

<http://www.strongadventurerace.com/youth/index.htm>