



June 24th, 2011

Racing



Lumberjack 100 2011

I am Still Tempted

So on June 8, 2011 I receive an e-mail from Brenda with the subject "I am still tempted". Needless to say, I was immediately curious...

I am a planner and like to plan things out in advance. Over the winter we agreed to do six of the National Endurance Racing Series races. I entered us into the races, planned lodging, travel, etc. Most of the agreements were made long before spring.

Well, the temptation Brenda wrote about what she was interested in doing an additional race called The Lumberjack 100 in Michigan. This race fills within hours of opening registration, but often within a week of the race you can find someone selling an entry. It is funny: 2 months before the race you could not pay double for an entry, but our timing was perfect. We started looking for an entry 3 days before the closing for transfer. Within hours of making the decision to look for entries I had located 2 and booked a hotel. So now we have a 10 hour drive in front of us.

[Read the Rest of the Story Here](#)

Nutrition

Start Your Meal Planning with Vegetables!

For those of you that like Books on Tape, try this:

[Tom Venuto's The Body Fat Solution](#)

Training



So I just raced my guts out for 100 miles on my mountain bike on "extreme mountain bike trails" This is a tough sport that requires lots of suffering just to finish the distance. So what do you think creates the base of my fitness? Lots of biking, correct? Believe it or not walking is the base of my fitness. Walking is such an easy and consistent thing to do. I can walk with people more or less fit than I and I can do it at any time. It is all about increasing your over all activity for the day. Check out the link below for a few tips. Walking is not sexy and is hard to account for in your diary, but it works.

<http://www.mayoclinic.com/health/walking/HQ01612>

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

StumpJump 50k and 11 mile Running Race

<http://www.rockcreek.com/stumpjump.rco>

Fool's Gold 50 & 100 Mile Mountain Bike Race

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

Pisgah Mountain Bike Stage Race

[pisgah stage race](#)

Strong Adventure Race Ocoee TN

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