



June 9th, 2009

## Racing



### Upcoming Races

Here are a couple of great races in the Chattanooga area to be sure not to miss:

[Chattanooga Mountains Stage Race](#)

[Chattanooga Dam Triathlon](#)

### Scenic City Trail marathon Race Review

The Scenic City Trail Marathon was promoted as a fast trail race...“The trails at Raccoon are fast and forgiving, making for a great leisurely race for new trail runners or a full-on speed fest for those in the hunt for the first state record for a trail race.”

This may be true, but if you expected this to be a 26 mile jaunt on a Rail-Trail or a gravel road, you were in for a big surprise. The trails at Raccoon Mountain are real single track trails. The climbs are not long, but by the time you start your second lap of the course you will know that you are in for a battle.

To read the complete report, follow the link below to the article titled “Scenic City Trail marathon Race Review”:

[Scenic City Trail marathon](#)

## ...and More Racing



### Making a Fast Triathlon Transition

Over the years as clothing and equipment has improved, I see less and less people changing shorts and tops during races - even in an Ironman distance race. Therefore, I am going to give tips on transition for a sprint triathlon the same as I would for an Ironman. You will have to make your own call about clothing changes.

#### General Tips:

- Elastic laces or lace-locks are great. Your fingers are often cold, which makes tying your laces difficult.
- Keep transitions simple. You will be in a rush, and often the excitement of the fans and changing to a new discipline can cause you to forget things like your number, salt tablets, gels, etc. You might even leave your helmet on for the run. (Yes, I have seen that!)
- Upon nearing the end of the swim or bike, start thinking about what you need to do in transition. This is also a good time to relax a bit.
- Be considerate of others and do not scatter your stuff outside of your transition area.

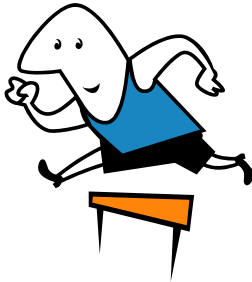
To read the complete review follow the link below to the article titled “Making a Fast Transition”:

[Making a Fast Transition](#)



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## Training



### Track Workouts - Who Needs Them?

Track workouts are the most important run of your week. There. I said it and I did not sugar coat it. That is the way it is.

Track workouts are also the easiest to avoid. They are painful and sometimes humbling.

If you want to be good at running 8 minute miles then go run 8 minute miles every time you run. If you want to learn to run and race at 7 minute pace, you will need to run at a pace of 7 minutes or faster for shorter distances.

Does this ring a bell: "Most people run too hard on their easy days and not hard enough on their hard days"?

To read the complete review follow the link below to the article titled "Track Workouts- Who Needs Them?"

[Track Workouts who needs them?](#)

## Nutrition/Lifestyle



### Interview with Bicycle Commuter and Big Brother Mitch Simril

LS: Congratulations on working out a way to include a bicycle ride in your commute from Greensboro, NC to your job in Winston Salem, NC. Will you explain how you do this?

MS: It is actually pretty simple: I drive 11 miles to the "PART Hub" - Piedmont Authority for regional transportation - and take a 30 min bus ride into downtown WS, then bike 3 miles to work; then I reverse the process in the afternoon. PART is a transportation network that connects the Piedmont Triad. I decided to give it a try after reading the suggestion on commuting in the November 2007 issue of this newsletter.

LS: What do you enjoy most about your "new" Commute?

MS: It varies throughout out the year - right now it's having coffee and reading the paper in the morning and power naps in the afternoon (on the bus). Just being able to drive less and bike more was reason enough to get started. I am also saving a ton of money.

To read the complete review follow the link below to the article titled "Interview with Mitch Simril":

[Interview with Mitch Simril](#)