



June 9th, 2010

Racing

Mohican 100 2010



I am getting the feeling that completing 6 of the NUE Series races this year is going to be a battle. We had a nice crew leaving from Chattanooga this year. Jamie, Tab, Dan, Justin, Amy, Brad, Brenda and I were ready for an epic weekend. The state of Ohio is flat for miles and miles, until you get within a few miles of Loudonville and you start to notice the rolling hills. Believe it or not, the Mohican 100 is just as hilly as the rest of the NUE races and the course has a lot more single track than most. I was pretty excited about getting to ride the sweet single track, but as we pulled into town we were welcomed by the biggest hail storm I have ever seen. The rain and storms were off and on during our entire time in Ohio.

[Click here to read the rest of the story](#)

Miscellaneous



Racing and Nutrition

Take a few minutes and read the link below. I guarantee you will learn or will be reminded of a thing or two.

[Helpful Tips](#)

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/>

Chattanooga Waterfront Tri

<http://www.team-magic.com/events/waterfront/index.html>

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

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

Strong Kids Adventure Race

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