



March 3rd, 2011

## Racing



### Race Season is Just Around the Corner!

Now is the time to sign up for your big races for the year. There is nothing like making a commitment to an event to get you motivated.

## Nutrition



### Make your Own Hummus

Do not sweat the details! Grab a bag of Chick Peas, Black Beans, Pinto Beans, or any other type of beans and cook as normal. Then add anything from curry, hot sauce, to jalapeno peppers and dump them in a food processor.

Experiment with different flavors. You can control the salt and fat content of your hummus and you will save money in the process.



### Coach Lee's Top 10 Ways to Reach Ideal Body Weight

If you are like most people this time of year you are carrying around a few extra pounds. Here are a few tips that might help.

- 1) Know your total calorie count at the end of the day.
- 2) Do not drink your calories.
- 3) Buy groceries and eat at home.
- 4) Do not snack after dinner.
- 5) Eat food as close to natural as possible. A bean should look like a bean, a grain should look like a grain, an apple should look like an apple, etc.
- 6) Take to work what you intend to eat during the day and eat only that.
- 7) Do not over eat after a race or workout. Doing a 5 hour bike ride is not a green light to pig out all day long.
- 8) Sign up for races early and post the entry form so that you will see it every day.
- 9) When out with friends for food, be the last to start eating and the first to stop.
- 10) Buy a scale and use it.



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## Training



### Healthy Running

Every week I talk to runners who are forced into taking a break from running because of an injury. The injuries are more often than not minor problems that would go away if we just stopped running for a month or two.

A month or two can feel like eternity to a dedicated runner. I encourage my athletes to have a backup plan to help deal with this down time. In a perfect situation runners will be equally passionate about another sport such as swimming or biking.

The bottom line is that if you run, you will develop minor injuries every now and then that prevent you from running. The question is how do you handle the down time? The key is to turn what initially feels like a very negative situation into a positive. I always try to use it as an opportunity to do the "luxury" activities that I rarely allow myself to when I'm healthy: going to the movies, reading a book in a coffee house, going to see local attractions, etc.

That being said, here are a few tips for preventing injuries and running more consistently:

- Run on soft surfaces as often as possible.
- Address small issues before they become big ones. Taking one or two days off at the right time can often save you one to two weeks of down time.
- Increase your weekly mileage no more than 10% per week. This is a very general rule, but it is a good starting point.

- Keep your body weight down during your down time. Do not make your first few weeks back to running even harder by gaining 10 pounds during your recovery.
- Listen to your sore legs! During your first few weeks back your legs might be sore from a relatively short run, so build back up gradually.
- Massage, ice bath, stretching, yoga, foam roller, etc., can all help with recovery.

Remember: If you run, chances are you will have minor setback, so be positive and look at this down time as an opportunity. When one door shuts, another one opens

## Upcoming Races & Events



### Reto de los Volcanes

<http://www.retodelosvolcanes.com/english/index.cfm?subpage=abouttherace>

### Southern 6 Tail Running Race

<http://www.rockcreek.com/southern6/>

### Scenic City Multisports

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

### Snake Gap Time Trial

[NWGA SORBA RACE EVENTS](#)

### Cohutta 100 and 65

<http://www.newleafadventures.com/Cohutta.html>