



March 4th, 2010

Racing



Snake Creek Gap Time Trial

Why should you do a winter mountain bike race, ski race, trail run, etc., if your ultimate goal is a midsummer triathlon?

Ask yourself "does doing this race make me stronger in August"? Usually the answer is yes, and besides, racing can be fun. A race will always push you harder than you can push yourself.

Sometimes you will need to put your ego aside and use racing as training. You will be stronger for the effort.

Training



Great Training Opportunity from the Chattanooga Triathlon Club and Local Coaches

<http://simrilmultisportcoaching1.vpweb.com/CTCTraining.html>

Are you Fitter Than Your UPS driver?

Maybe you are, but my UPS driver is pretty fit. What can we learn from a person that is physically active all day every day?

One thing that I take away is to make an effort to increase my overall daily activity level and not just sport specific workouts. Yard work and a 3 mile walk might not have a place in your log book, but over time they contribute to your overall health.

Upcoming Races & Events

Miscellaneous



The Time is Here

Tips for Preparing your Vegetable Garden for Spring

<http://www.homeownernet.com/lawn-garden/gardenreadyspring.html>



Scenic City Triathlon

600 Meter swim, 14 Mile bike, 5K run

[Scenic City Triathlon](#)

Cohutta 100 Mountain Bike Race

[Cohutta Mountain Bike Race](#)

River Gorge Trail Race

10.2 & 6.5 miles

[River Gorge Trail Race](#)