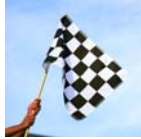




May 6th, 2009

Racing



Upcoming Races

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

[Rock Creek Trail Marathon May 23rd](#)

[Chattanooga Mountains Stage Race](#)

These will both be sure to add variety and a ton of fun to your calendar.

[Click here](#) for an article I found interesting about “pacing” a runner through the Wasatch Front 100 mile trail race. I am not sure it made me want to run a 100 mile race, but it is fun to see what the human body is (or isn't!) able to do.

Nutrition/Lifestyle



[Here](#) is an article written by my good friend Herbert Krabel. The article is about a former pro triathlete by the name of Rip Esselstyn. I am not sure if this article belongs under Nutrition, Lifestyle, Training or Racing, but I did find it an interesting read!

Baby Steps

We can all learn to live a healthier happier life by taking small steps in the right direction. Rome was not built overnight. Improving one or two aspects of your life each week can add up to make a real difference. Identify the things that make your life better and do them more often.

Training



Tis the Season for Poison Ivy

I do not consider myself very sensitive to poison ivy.....that is until I wake up scratching my legs at 3am. We have had lots of rain here in Chattanooga lately, and the trails are like a jungle right now.

Recently I was given a bottle of Tecnu and was pleased to find that this product does seem to help prevent a poison ivy rash from developing; maybe it is just that I am taking the time to wash my legs after trail runs. Either way, it is working so far. Below is a link to their web-site where you will find product info and tips for preventing a poison ivy rash.

[Tecnu](#)

Dealing with the Heat

Here are a few tips I think will help:

- Adequate and proper balance of water and electrolytes
- Wear a visor and sunglasses to prevent headaches due to bright sunlight
- Wear light colored clothing to prevent soaking up radiant heat
- Give yourself a couple of weeks to adapt to the higher temperatures before you try to race hard in the heat
- Carry an extra water bottle to pour over your head and back.