



January 12th, 2011

Racing



Snake Creek Gap Time Trials

Time to put away the bon-bons and get with the program...

There are any number of good reasons why doing a long hard mountain bike race in January and February is a bad idea. The weather is often cold and wet. You can get lucky and have a really nice sunny day, but do not count on it. Truthfully, once the start gun goes off I do not really notice the weather much.

Why do this race? After 27 years in endurance sports (yes, I am old) I know that I will go much harder and get a better workout if I attach a race number. No one is ever ready to race in January and February, but these early season races help to prepare you for your more important races later in the year.

If you have never ridden the Snake Creek Gap Time Trial course, consider giving it a try in March. The race is held the first Saturday in January, February, and March, and offers a 17 and 34 mile option. To get an idea of what the course is like, just imagine the nicest smooth-flowing single track; it is the exact opposite of that. The course will beat you down, but you will survive and be better for the effort.

This year they are even giving a belt buckle for those that finish all three of the 34 mile races. Nothing like a little bling to make all the pain worthwhile!

Interview with Ironman Triathlete Adam Royer

[Click here](#)

Nutrition



There is Cake in the Breakroom!

It is always someone's birthday. Odds are if you are reading this newsletter you are already the fittest and healthiest person in your office, but we can always take it to the next level. Food is like cash these days: salesmen bring in food, office managers order birthday cakes, hotels offer free breakfast. Everyday we are offered food as a reward, benefit or celebration. How about for a job well done we all go for a walk. Sounds crazy right?

You know what they say "it is an extra 300-400 calories per day that amounts to extra pounds at the end of the year." So if we keep everything else the same, trade a high calorie lunch for a lunch you packed at home, and go for a walk. That's a good way to avoid packing on the extra pounds.

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](#)

Southern Cross

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

Cohutta 100 and 65

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