



January 12th, 2011

## Racing

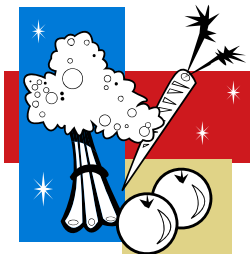


### Snake Creek Gap Time Trials

This is not my race report, but I did enjoy reading it. One Snake down and two to go!

<http://fastermustache.org/node/7202>

## Nutrition



This is the time of year everyone wants to lose a few pounds. No matter what anyone tells you there is no easy way. You have to be disciplined and closely watch your daily calorie consumption.

Strive to make small improvements in your diet rather than drastic changes that are hard to maintain. If you make one improvement every week for a year you will be amazed how your diet and fitness improve.

Here are some simple small changes that can add up to a big difference:

- Buying fresh or frozen vegetables rather than canned
- Whole oats rather than highly processed oatmeal
- Cutting your Juice in half with water to reduce calories
- Use Mrs. Dash rather than salt
- Never eat fast food...Okay, that might not constitute a small change for some folks, but you can eat out one less time per week

Good luck and have fun with your diet. In the end you will be pleased with the progress you can make with small changes.

## Training



We got several inches of snow in Chattanooga TN yesterday, so I found my Yaktrax and took to the street. I am sure that by actually finding them this will be the last snow we get for a few years. I might even grab my snow shoes and head for Big Frog Mountain this weekend.

<http://yaktrax.com/>

## 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>