



November 16th, 2009

Racing



The Rocks are Hard

I had heard about this race for a few years, but had been too busy with Adventure Racing, Triathlons, etc to give it a go...or maybe I was scared?

“The Swank 65 Mountain Bike Journey is mountain bike racing at its most primeval, far removed from civilization and polluted air. The race begins at 2500 feet, and consists of a triad of cloverleaf shaped loops winding around Gloucester Gap in Pisgah National Forest. Rolling over rugged mining roads, fun single track, tough climbs and hell-raising descents, the exhilarating course will test your skills and desire as you explore the devilish terrain of the Pisgah National Forest. 42 miles (65K) in length.”

So to finish off the year Brenda and I signed up for the 2009 Swank.

[Click here for the rest of the story](#)

Training



Leave the Car at Home

Yes, you can do it! Even if you cannot bike, walk, run, etc from your front door, you can drive to within 2 miles of work and walk the remaining miles. Not only will you save money, but you will get in a couple of workouts each day. Please checkout the link below for a few great tips:

<http://commutebybike.com/cats/commuting-101/>

Upcoming Races & Events



Lookout Mtn 100k and 10k Trail Run Race

Date: December 19, 2009

[Lookout Mountain 100k / 10k](#)

Snake Gap Mountain Bike Time Trial Series

http://www.nwgasorba.org/the_snake.html

Meeting Notice

Event: New Triathlon Club for Chattanooga?

Time: Monday, November 16 at 7:30 - 9:00 pm

Where: Las Margaritas on Hwy 58 (behind Captain D's)