



November 4th, 2011

Racing



Off Season

“Off Season”...I do not even like that way that sounds. What does that mean? Does that mean I should stop doing what I enjoy? How many of us really need a break? Are we truly in need of recovery physically? I contend that it is most often our minds that need to recover, and that is just as needed.

I am not an advocate of taking weeks off and putting on 10 pounds. What is all of this about anyway? Our working out and racing is a great lifestyle that should last all year. We might not want to have “A” races all year long, but staying healthy and active is what we love to do.

Often all it takes to recharge our batteries is to mix it up a little. Skiing, hiking, paddling, trail running, etc can all be great “off season”

activities. We might not need a 6 hour bike ride, but how about a 2 hour bike ride with a 2 hour hike? The weather is going to get cold and that is our sign to start mixing things up.

I remember a few years ago Brenda and I had just finished a full season of triathlon training and racing. We were at the end of our rope. I believed that I was physically tired and in need of a break. On the drive home from our last race we talked to Jay Curwen, an adventure racing friend of ours, and decided to do the 24-hr National Championships race in November. The funny thing was I was instantly energized with the idea of racing a different sport. We had a great race and felt really good physically. The need for rest was all in my mind.

There’s a reason for the seasons, and it is not to get fat and lazy. Grab your light and go for a hike. I am sure you will find inspiration and maintain your healthy lifestyle.





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Training



“The first step toward creating an improved future is developing the ability to envision it. VISION will ignite the fire of passion that fuels our commitment to do WHATEVER IT TAKES to achieve excellence. Only VISION allows us to transform dreams of greatness into the reality of achievement through human action. VISION has no boundaries and knows no limits. Our VISION is what we become in life.”

Tony Dungy

“You can't always control circumstances. However, you can always control your attitude, approach, and response. Your options are to complain or to look ahead and figure out how to make the situation better.”

Tony Dungy

Nutrition



Check out what Team Garmin eats during a Bike Race

<http://www.slipstreamsports.com/2011/05/15/feature-tour-of-california-cuisine-from-the-clif-bar-food-mobile>

Upcoming Races & Events



Rock Creek Trail Series 2012

<http://www.rockcreek.com/race.rco>

Snake Creek Time Trial Mountain Bike Race

<http://snake.nwgasorba.org/>