



November 8th, 2010

Racing



3 State 3 Mountain Century on a Unicycle

Is it possible to ride The 3 state 3 mountains Century on a Unicycle? Apparently, yes.

Daniel Hendy rode the entire course in 16 hrs and 27 minutes. I have done a few long hard races in my day, but this seems unbelievable. I guess lot of that comes from the fact that I cannot ride a unicycle, but still...

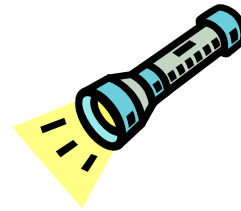
Why would anyone do this?? But then, why do we do anything that is challenging at all? Daniel started riding his unicycle when he was 12 years old. It took him one day to learn to ride it because he spent the whole day trying. Daniel never rode a centry on a bicycle before trying it on a unicycle. His training involved commuting 5 miles to and from work on the unicycle, a trip up Chilhowie and a spin (can you spin on a unicycle?) around the trail at the White Water Center.

What does this mean to the rest of use normal folk? I am not really sure, but it does put things in perspective. Maybe, I have been looking for perspective:')



[Pictures of The Head of the Hooch 2010, Chattanooga TN](#)

Training



Don't be Scared of the Dark

Whether you are running or biking you will find an amazing variety of lights that will help you get outside over the winter. Lights improve every year, with longer burn times and more light output. Stop by your local bike shop and see what is available.

Upcoming Races & Events



Reto de los Volcanes

<http://www.retodelosvolcanes.com/english/index.cfm?subpage=abouttherace>

Upchuck 50k

[Upchuck 50k Trail Running Race - Rock Creek Outfitters](#)

Scenic City Multisports

<http://www.sceniccitymultisport.com/>

Snake Gap Time Trial

[NWGA SORBA RACE EVENTS](#)