



October 20th, 2011

## Racing



### **Pisgah Mountain Bike Stage Race 2011**

This just might be my favorite race of the year, but I feel that way about every race. Brenda has traditionally had a love/hate relationship with the Pisgah Trails. The trails in Pisgah look more like hiking trails and you do end up hiking a good bit. Fortunately, it has lately been much more of a love relationship for both of us.

The Pisgah Stage Race is a 5 day mountain bike stage race over very technical and rugged trails. We were blessed with beautiful weather this year. The trails were in great condition thanks to the hard work of many volunteers.

Brenda and I have done the race each of the three years that the race has been held. It has been fun watching the race grown in numbers and quality. The race directors (Heather and Todd) are really getting the race dialed in.

Every detail has been attended to, such as course marking, aid stations, pre- and post race meals, etc.

The race is pretty hard and dominates the week in terms of both time and energy. The stages are pretty long, around 5 hours each day. Racers fall into a pattern of racing, recovery, bike maintenance, eating, and sleeping. You will not have time for much more during the day, but the feeling of satisfaction by the time you go to bed each night is hard to beat. The race starts on Tuesday and ends on Saturday so you pretty much have to take a full week off work.

All and all it makes for a pretty cool way to spend a week. Brenda and I competed as a two person open team, so we were matched up against two-person male teams. We were able to finish 2nd in a small field. We did have a pretty good battle with the first place team, finishing within 1-2 minutes of them on 3 of the 5 stages, all of which averaged around 5 hours.

This race will pick out your weaknesses and exploit them. You can fake your way through a single day of racing, but a 5 day race requires a different level of commitment to complete. You have to preserve your body, equipment and mind to finish this race. A positive attitude and a love for technical trails will get you far at The Pisgah Stage Race.

### **Adam Craig's take on the stage race:**

<http://www.bikemag.com/videos/pisgah-stage-race-adam-craig-interview/>



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## Training



**This Guy is an Animal! (Not Brenda, she is just taking a bath)**

Read the story below about a guy who is trying to learn firsthand what it is like to be overweight. Here is wishing him luck returning to fitness. I am not sure what we can learn from this guy, but wow he killed those doughnuts!

[fit2fat2fit.com](http://fit2fat2fit.com)

**Check out the garbage he is eating.**

Hopefully we can do better than this.

<http://twitter.com/#!/fit2fat2fit/media/slideshow?url=http%3A%2F%2Ftwitpic.com%2F57xyjb>

## Nutrition



Raw Food eating is definitely on the fringe, but maybe eating a little more raw food each day is a good idea. I am sure it is better than a Big Mac.

<http://www.thebestofrawfood.com/raw-food-diet.html>

## 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/>