



October 28th, 2009

Racing



The Pisgah Mountain Bike Stage Race

- 4 days 130 Miles 31,000+ feet of elevation gain
- October 15th-18th, 2009
- Over half of the miles are technical Single Track!
- A six mile time trial followed by three Big Days in Pisgah National Forest.

Seems like a great idea, right? Check out the link below for a race review.

[Link to the Simril's Pisgah Stage Race Review](#)

Training



Hiking

The days are short, but fall and winter can be the best time of year for endurance sports. Keep the quality of training and fun factor high. Try something new and interesting. Hiking is a great weekend activity during the winter. It is easy to stay warm when hiking and it can serve as a great mental break from the racing season.

...And More Training



Swimming

The winter is a good season to spend a little more time in the pool. The temperature is always the same at your local pool. Concentrate on technique and learning to become a better swimmer.

By spring time you will be pleased with the results. Please find the link below to a great source of swim instruction:

<http://www.goswim.tv/>

Upcoming Races



Upchuck 50k Trail Run Race

November 14, 2009

[Upchuck 50k](#)

Lookout Mountain 100k and 10k Trail Run Race

December 19, 2009

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

Snake Gap Mountain Bike Time Trial Series

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