



October 8th, 2009

Racing



Off Season, what off season?

I hear it every year, "I am not riding, running, etc. because this is my off season".

Why stop doing what you enjoy. We participate in endurance sports because we enjoy them, correct? So why stop? We might need to change things up a little, but do not stop. Now is a great time to travel to a new city and compete in a new race. Find an interesting marathon or half marathon to run. Running a marathon is a great way to see a new city or even parts of a city that might not be familiar.

Lee Simril's Interview with Ironman Triathletes Joanna and Brian Crooks

Please see the link below

[Joanna and Brian IMKY Interview](#)

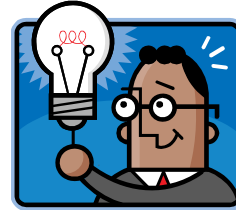


NUE 100 mile Mountain Bike Series Review

Please checkout the like below

[NUE Series Review](#)

Training



Night Riding

The days are getting shorter, so it is time to get your lights out and see that they are in good working order. If you have never ridden your mountain bike off road at night maybe this is your year to give it a try. Lighting systems are brighter and cheaper than ever before.

I recommend two lights in the front and one blinking red light for the rear of your bike.

Below is a link to some interesting tips

http://www.grannygear.com/Races/race_tips.shtml

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](#)

Swank 65 Mountain Bike Race

November 8, 2009

<http://www.blueridgeadventures.net/swank/main.html>