



October 8th, 2010

Racing



The racing season is over, right? No! It is never over. Why stop doing what you love just because the days are getting shorter or because the experts say that you need a break from racing? As weekend warriors we never get to race enough." Life" keeps us from racing and training too much.

Racing is part of what keeps us fit and it is great fun. You may not have your most important race in the fall or winter, but you can have a big adventure trying something different and staying fit.

I am often asked "Should I race? I have missed many training days and do not feel ready to race." My response is always the same: Will you be fitter and closer to your fitness goals by skipping the race?

Sometimes you need to put ego to the side and remember what you get from racing in the first place.

Stage Racing

Stage racing is becoming more and more popular these days. When I started racing many moons ago we often had weekend bicycle stage races that consist of a short time trial or criterium Friday afternoon followed by more racing on Saturday and Sunday.

Now I see running, biking and even triathlon stage races. I highly recommend trying a stage race. I find the camaraderie of the field very attractive. Everyone is trying to accomplish the goal of finishing the stage race and it seems to unite the field.

Nutrition (aka trim the fat)

10 Worst and Best Foods

Tip: eat foods as close to the garden as possible (not literally).

http://www.cspinet.org/nah/10foods_bad.html

Training



When was the last time you took the elevator, escalator, had valet parking or god forbid went through a drive through window? Sometimes these things are unavoidable, but at least try to become aware that you have other options. The first thing I do when I check into a hotel is to locate the stairs and start using them. When moving through an airport, pick up your bag and walk up the stairs. You do not need to put on Lycra to get in a workout.

Weekly Wednesday Track Workouts

This is a great workout for all level runners!

Place: Please confirm on a weekly basis

Time: Wednesday @ 6pm

Upcoming Races & Events

Upchuck 50k

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

Scenic City Multisports has several interesting races in the coming months. Please check them out at the link below:

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

Blue Ridge Adventure's Swank 65 Mountain Bike Race

[Swank 65: Home](#)

River Rocks Chattanooga

If you enjoy being outdoors I will bet you can find an event that works for you at River Rocks Chattanooga, October 1st-10th

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