



September 13th, 2011

Racing



Be one of the first to do the 7 Bridges 5k, ½ and Full Marathon Chattanooga

The 7 Bridges Marathon on October 16th, 2011 at 7am will take runners across the Tennessee River 6 times as you traverse the city. You will run by the Tennessee Aquarium, AT&T field, Creative Discovery Museum, cross the Chickamauga Dam and enjoy a stroll along the River walk, then run through the Art district, Hunter Museum and Historic Walnut street bridge to finish in front of the Carousel in Coolidge Park.

<http://www.7bridgesmarathon.com/>

Nutrition



Hammer Nutrition's Top 10 Biggest Mistake Endurance Athletes Make

You might have read this before, but it is worth a second look.

<http://www.hammernutrition.com/knowledge/the-top-10-the-biggest-mistakes-endurance-athletes-make.1273.html?sect=essential-knowledge-section>

Training



Check out the web site below for some great videos on swim technique

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

Upcoming Races & Events



Stump Jump 50k Trail Run 2011

<http://www.rockcreek.com/stagerace.rco>

Pisgah Mountain Bike Stage Race

[pisgah stage race](http://www.pisgahstage.com)

Swank Mountain Bike Race

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

7 Bridges Marathon Chattanooga

<http://www.7bridgesmarathon.com/>