



September 3rd, 2009

Racing



Believe it or not, the summer racing season is coming to an end. Many of us are finishing up with our "A" races and wondering what is next. Is it time to take a month off and eat cheetos?



No!

Just because your big race of the year is over does not mean you have to or should stop racing. "Overtraining" and "burnout" are terms that are highly overused and oftentimes convenient excuses. So where is the middle ground??

Find something fun that is different from your primary racing - cyclocross, mountain biking, trail running, masters' swim racing - are just a few of your options. Maybe joining a local tennis league would be fun. You figure it out. Just do not be the guy that gains 20lbs over the winter and talks about how he is burned out on swimming, biking and running. Hey - working out should be a fun adventure!

Training



I know, I love airconditioning, TV, a soft bed, etc. as much as the next guy, but what has changed over the last 100 years to create America's weight problem? Well, lots of things, but two keys come to mind:

1. We do not move much and,
2. We have an abundance of tasty food.

If you are like most of America and want to drop a few pounds, try this:

Before you eat something ask yourself "Could I have eaten this 100 years ago?"

Now walk out to the barn and milk the cow! ☀️

Sometimes we make things too complicated....Eat well and move.





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Upcoming Races

Lookout Mountain Off-Road Triathlon

When: 10/10/09

What: Canoe 2 mi / Trail Run 3.25 mi / Mtn Bike 7 mi

Where: DeSoto State Park

http://www.littlerivercycle.com/lrco_site/INDEX.html

2009 Black Bear Rampage Mtn Bike Race

<http://scottsbikes.com/page.cfm?PageID=168>

October 3, 2009 **Rock/Creek StumpJump**

50k & 11 mile

Featuring The North Face Speaker Series with Dean Karnazes

Come run the premiere 50K trail race in the Southeast.

Taking place on a beautiful dirt-packed trail with Tennessee mountain stone thrown in, and with a 5000 ft. elevation gain, the Rock/Creek StumpJump 50K benefits the Cumberland Trail Conference, a non-profit working to complete a 300+ mile long recreational trail running along the Cumberland Plateau. Looking for a shorter race on the same beautiful trail? You're in luck! There will be an 11 Mile course offered as well.

November 14, 2009

Upchuck 50k

On the beautiful Cumberland Trail, past Possum Creek, lies the trail that makes this the toughest trail marathon in existence! Rocky terrain, stream crossings, steep hills and sights like Beaked Trout Lilies and Immodium Falls (That's what the runners call it) make it the most rewarding trail marathon. Join us, if you dare, for this minimally supported out and back single-track wonder.

December 19, 2009

Lookout Mountain 100k / 10k

Finish off your year with the longest run in Chattanooga history! A 10k option makes this a great way to end the year for everyone.

Quotes



"You can do it slow, but you cannot do it easy"

Steve Underwood

(Referring to "Big Daddy Trail Run" which is a local ~12 mile trail run)

"Shake and Bake!"

Unknown

(A mountain bike racer just before the start of the [River's Edge Mountain Bike Race](#))

