

Snake Creek Gap Time Trial 2011

Two Down, One to Go

Time to put away the bon-bons and get with the program...

There are any number of good reasons why doing a long hard mountain bike race in January and February is a bad idea. The weather is often cold and wet. You can get lucky and have a really nice sunny day, but do not count on it. Truthfully, once the start gun goes off I do not really notice the weather much.

Why do this race? After 27 years in endurance sports (yes, I am old) I know that I will go much harder and get a better workout if I attach a race number. No one is ever ready to race in January and February, but these early season races help to prepare you for your more important races later in the year.

If you have never ridden the Snake Creek Gap Time Trial course, consider giving it a try in March. The race is held the first Saturday in January, February, and March, and offers a 17 and 34 mile option. To get an idea of what the course is like, just imagine the nicest smooth-flowing single track; it is the exact opposite of that. The course will beat you down, but you will survive and be better for the effort.

This year they are even giving a belt buckle for those that finish all three of the 34 mile races. Nothing like a little bling to make all the pain worth while!