



November 20th, 2008

## Training



### How about Giving Adventure Racing a Try?

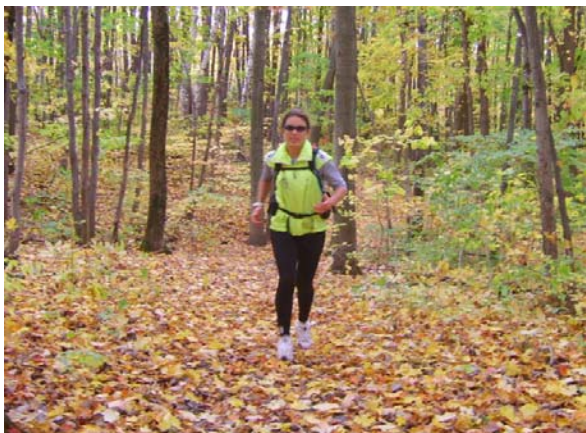
You might have seen Eco Challenge or other multi-day Adventure Races on TV and thought it seems a little extreme.

Well it is, but not all Adventure Races leave you staggering around in the dark. Why not give a shorter race a try. You will be amazed how much fun you can have finding those coveted check points scattered around in the woods.

Adventure Racing can be a great way to stay active when it is too cold for Triathlons.

Check out the link below for one of that best Adventure Racing clubs and information sources in the country.

[Trail Blazers AR Club](#)



## Nutrition



### Surviving the Holidays

We have worked hard for months to get in the best condition of the year only to face the holidays. Do not blow it now!

As I write this article I am getting e-mail invitations for Thanksgiving Day long runs and rides. Many of us have a tradition of beating our brains out Thanksgiving Day so that we can feel good about the amount of food we will consume later in the day.

Well, I say go for it! Thanksgiving only comes around once a year, so go for it. Just do the best you can with your food choices and get back on the program the next day.

## Strange Things



**Checkout the Link Below to See the Scariest Swimming Pool Ever.**

[Scariest Swimming Pool Ever](#)

## Information

**Coach Lee's New Contact Information**

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