

What Have You Done Today?

7/28/2009

Today, at about the time that many of you were pulling into your office chair, Sarah and I started on a six mile hike up to Mohawk Lake and Continental Falls just south of Breckenridge.

This hike was tougher than we thought it was going to be! The first two miles were pretty calm, with a steady climb up to the tree line of the mountain. Then it went straight up! At one point they literally have a cable to help pull yourself up the mountain! When you weren't using the cable you were basically doing a stairclimber. I felt like I was in pretty good shape until we starting hiking around the mountains here! It is a completely different type of shape! We had a 3000ft elevation change during this hike!

The hike was tough, but there were some great photo ops such as this creek crossing:
http://www.youtube.com/watch?v=a7_E48djUtl .

At the top of the mountain, there was a great reward for your hard work. Here is a video I took this morning of Continental Falls: <http://www.youtube.com/watch?v=7oRcgxfcX0> The video does not do justice to the scenery, but atleast you can get an idea. The sun kinda blocks out the view in the video, but if you look close in the valley, you can see the town of Breckenridge about 5 miles away.

We forgot to bring a USB cable, so I can't upload photos, but will make sure to upload those when I get back on Friday.

I hope ya'll are all having a great week without me and I will see you next Monday!

Oh and by the way...these 65 degree days and 40 degree nights have been really tough to handle...haha, j/k. I think I might open up an MPT in Breck and spend my summers up here! Would ya'll travel with me?

Make it a great day!

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