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**MONDAY, MAY 3, 2010**

## A Well Earned Burger!

This weekend... It rocked! I completely had an awesome Saturday with a 5k race and a 47 mile bike ride.

**5K Race-** This race was the first course I had ever run an entire 5K ([2009 race](#)). This year I knew I wasn't up for running the entire distance so instead I decided to 2/1 interval it. This was also the race that my Mentee group was doing as their first 5K. They did awesome! I finished in 34:34 which was a tough effort for me. I need to get back into running for speed!

**47 mile ride-** Less than 4 hours after my 5k, a few of the crazy joes saddled up for a nice long bike ride partially on a new course. We knew we were going out for 40 miles and decided to tack on a few extra miles. My longest ride was only 37 miles so I knew I would be hitting a new record today.

Holy hill batman... did I find a good trainer for Augusta. There was one long slow grinding hill that I was cursing at while riding it. I rode that sucker in granny gear but honestly now I can see that it will be good for training. While I won't like and won't look forward to it, I can definitely say that in the long run it will help me. The rest of the course was rolling hills and honestly a really enjoyable ride. The sun however... yeah I need a better SPF!

So how does one "recover" from said run and ride? With a well earned Burger. Kenny and I were craving burgers so he came up with this concoction. Much healthier than a standard version at a restaurant but still yummy enough for us.

Turkey Burger with Paprika Horseradish Mustard on a Wheat Bun  
(And a Virgils Diet Rootbeer)



Kenny made the burgers out of ground turkey and turkey sausage. We use [Honeysuckle White](#) for both the ground turkey and sausage. Kenny has a ratio of 1 sausage per pound of ground turkey and it gives it just the right amount of fat to taste good without being overpowering nor "too" unhealthy. Add a little pepper jack cheese and some of the special mustard and you have one good recovery meal. Oh and we also had some Kettle Baked Chips. We ate well!

Kenny was also a gem this weekend and found cool Rootbeer in the Organic Section of Kroger. I love love love me some root beer. [Virgils](#) is made by the same company (Reed's) that does the ginger candy... who knew. It is a hand crafted microbrewed rootbeer and it was yummy to boot! Hopefully some time in the near future I can find the Black Chery Cream Soda to try!

POSTED BY STEFANIE AT 7:33 AM 1 COMMENTS

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