

99 Problems...but we do our best!
Erika Bonilla- SheRox Triathlon - 2012

I was going through some rough seas the week leading up to the race and I was in a funk that I could not get out of. I woke up Saturday morning feeling tired, achy, scratchy throat, just out of it. My son has been sick all week and it finally got to me. I was going to race regardless hoping I would not get worse.

WRONG!

I figured I got this far and was not going to let this flu stop me. My race strategy was simple, coast, coast, and coast! I'm already here and that is what matters. Fluids, plenty of rest, planning, and nutrition were within my control. I went to bed at 9:30pm Saturday night after putting my son to bed. I could not sleep. I was congested, had a headache, body aches, and a temperature of 99 (the irony)!

I woke up at 4:15am and realize it's raining! GREAT! So along with dealing with waking up with the flu, I could not hold in any food or fluids. I'm congested, achy, coughing up phlegm, stuff coming out of both ends, drenched in a cold sweat, feverish, loading stuff in my sister's car, dealing with a baby....AND the rain! Really? COAST, COAST, COAST.

My sister was an angel in helping me, supporting my decision to race and remind me to take it easy. She said to me, "You're already a winner, just have fun and take it easy."

We didn't rush to transition, managed to get an AMAZING parking spot, racked my bike exactly where I wanted, set up and found the port-a-potty. Because of that I did not mind the rain, just the puking and diarrhea.

"Fake it till you make it." "Let go, let flow. "Keep moving forward." "Just keep swimming." "Have fun."

Miraculously my congestion went away right before the swim start! Yeah! I coasted my way to my fastest 800m swim (15:47), fastest (T1 1:54) and T2 (1:27)! I tried to give a little more on the bike and well my body did not let me and came in at 42:49. Definitely, not my best. At this point I just want to puke but seeing MARTHA and all my TLV sisters out there giving it their best helped me so much! I tried to keep a steady pace during my run, I felt like poo and was cramping but kept moving forward, cheered all my team mates on and finished with a run time of 25:55. Total time of 1:27:50 and HAPPY I DID NOT STOP! I can honestly say I did the best I could with the circumstances I was dealing with. I could have skipped it all and stay in bed but I would've had regrets. Thank you Martha for your time, words of wisdom, motivation and for giving me the coaching I need to get through this journey. Thank you to all the strong, beautiful women of Tri La Vie. You make my gray skies BLUE! I'm glad I did it, see you all next season.

Now I am going to cuddle with my bestie....THERA-FLU.

Love and Gratutide,

Erika Bonilla-Sappia