

SHEROX SPRINT TRIATHLON 2012

The season finale to my second season of triathlon. And my first repeat race! As I looked back at my times from SheRox 2011, I'm not sure where/if I can improve? Boy am I pleasantly surprised! Despite rain falling, what appears to be less than ideal race conditions, and racing without being guided by my Garmin or cyclometer, I bested 5 out of 6 of my times! I fell short on T2. Bummer....

PRE-RACE 4:50am - As my "chariot" awaits outside my hotel, (aka Colleen's vehicle) I'm surprised to see not just drizzle, but RAIN. :- (Oh no, do we race in the rain? What happens now? Will they modify the race? Will we bike in the rain, is it safe? This is new, don't freak out, just go with the flow. Surely, the SheRox Race Directors won't allow us to race in dangerous conditions. Or as our mentor & coach has taught us, "Safety First" and/or "When in Doubt, Leave it Out". No one is forcing me to race if I feel unsafe for any reason. So it's all GOOD, have FUN, and ENJOY, it's a new experience!!! Just prior to sunrise, the rain stops, we see a little blue sky! Let's race!!!

SWIM

I decide I want to go all out on the swim, so I try to get myself near the front, kind of second row position. I feel great, this is a recently new thing for me with the swim. Now I'm trying to learn where to swim to stay out of traffic, and not get stuck behind other swimmers whereby I'm having to slow down, again new for me. (I can't EVEN believe that I'm having this issue with the swim now!!! Feeling like I'm impeded, and having to go slower! Wow, how far I've come with the swim!) I hear and see Martha at the swim exit, glance at my time on my Garmin, woo-hoo for me! I thought I hit "lap" on my Garmin. This is the first and last time that my Garmin serves me for this race.

2011 Swim Time: 18:27

2012 Swim Time: 15:15 (3 minutes 12 seconds FASTER!) Wowwee!!! :-)

T1

I decide in advance to run without flip flops to transition. (Last year, I picked up my flip flops, and ran with them in my hand! Silly!) I'm such a tender foot, and it's difficult to run on the blacktop, so my feet are not happy, nor am I fast getting to transition. Then my same old issue of fighting to get out of the wetsuit. This is my current problem area with all of triathlon, T1!!!! I'm off balance as usual, but I keep at it. My bike is too tall to just go under the rack, so I have to angle it to get it out. Arg!!! But I'm finally off to Bike Out!

2011 T1 Time: 3:12

2012 T1 Time: 2:52 :-)

BIKE

I already know that my cyclometer is not working. So I had planned to use my Garmin watch as my guide, but now it's not working properly. (Once you hit the wrong button during the "Multi-Sport" function, the whole timing event is totally messed up! There's no time to fiddle with it!) So I'm riding blind, meaning I need to just go by feel. I go as hard as I can, pass as often as I can when it's safe. I continue to tell myself that this is a sprint, there is no time to ease up. And hey, the faster you go, the quicker you get off

this bike course safely before it starts to rain again. Cue the rain, it begins to rain again about 2/3 of the way thru my bike race. Thankfully I've unintentionally rode the bike in the rain once or twice before, so I kind of know what to expect. Bike felt good, except for getting stuck behind riders a couple of times, and having to wait for safe passing opportunities. And a rickety noise, that had me paranoid!

2011 Bike Time: 40:34

2012 Bike Time: 38:03 :-)

T2

Because I have to angle my bike in the rack, I come in from one side, but then after securing my bike, I need to run around to the other side of the rack to get my running gear. There is racer traffic in my way as I try to make my way quickly around the rack! Arg, I feel like I'm wasting/losing time!

2011 T2 Time: 1:22

2012 T2 Time: 1:28 :-)

RUN

I try to go out with a faster turnover, just to get my running legs going. I know that I'm going to feel awful the first 1-2 miles, I always do. Since I'm Garmin challenged, I attempt to use my other watch. But then just tell myself to run as best as I can to the water station, walk a quick drink, then carry on, and get this run done. I end up not using my regular watch, and go with feel and the drive to finish. Why is 3 miles as hard, or harder than 10??? Is it mental? And of course I'm annoyed, because I see a couple of racers in my wave pass me, with only just a mile or so to go. But my legs are feeling tired, so I can't seem to get them going any faster. Maybe I should have taken that Gel??? But I'm almost done...hmmmm...would I have felt better had I taken that Gel?

2011 Run Time: 28:36

2012 Run Time: 28:26 :-)

2011 Total Sprint Race Time: 1:32.09

2012 Total Sprint Race Time: 1:26:01 SheRox PR :-)

With the rain earlier, the day started out not looking very promising. But it ended up being a fantastic race day and another amazing experience!!! I felt like a rock star today with all of the cheering and support from the TLV teammates, friends and family. Their presence and participation makes all the difference. I've always said that this rewarding journey is not just about my own personal achievements and break throughs, but just as importantly sharing these experiences with you Martha, Linda, and these inspiring women that I continue to learn so much from, new friends, and family. And celebrating everyone's successes! This was a fantastic season finale. We're officially on "off-season", but I'm already excited and planning for Triathlon 2013!!!