

Patty Hammel's Race Report For She Rox 2013

2003 Swim 14:04 Bike 31:08 Run 23:58 Finish 1:15(Super Sprint on mountain bike)
2009 Swim 25:32 Bike 44:44 Run 43:11 Finish 1:57(Sprint)
2010 Swim 22:13 Bike 48:59 Run 39:39 Finish 1:56 (Sprint)
2011 Swim 20:07 Bike 45:23 Run 42:08 Finish 1:54 (Sprint)
2012 Swim 16:38 Bike 43:17 Run 38:07 Finish 1:44:23 (Sprint)

This race was my very first triathlon back in 2003. I talked a good friend into doing it with me. I had no idea what I was doing but as a physical education teacher, sports have been my life and I have always liked to try new sports. It has been a long journey from 2003 to today October 21st 2012.

Pre-Race

2003 – Not sure??? Breakfast was probably a bagel (as that was on the acceptable list from college crew as pre race food), banana and milk. I walked around transition a little lost. What do we do next. Everyone is racking their bike. Some by the handle bars. I can not do that I am riding a mountain bike. I see now that I can rack it by the seat. I set up my running shoes (for bike and run), hat and helmet on a small towel. No wait I had no towel. I had my little duffle bag that I brought stuff in. I put that down and put my “equipment” on it. The whole time I was in transition I am trying to act real cool. I know what I am doing.

2012 – Pre race nutrition (not breakfast) was a bagel with peanut butter and honey. This was an hour before race time. Later, a banana strategically eaten about 45 minutes before race start. I set up my transition area with bike shoes, helmet, sunglasses, running shoes, hat, race belt, socks, and extra water bottle all on a transition towel. These items had been transported in my tri bag. I socialize with Tri La Vie teammates. I actually do know what I am doing this time.

Lessons learned from 2003 to 2012:

1. Pre race meal matters.
2. Nutrition before the race is important.
3. Nutrition, days before the race matters.
4. Nutrition as a triathlete matters every day.
5. Knowing how to set up transition greatly decreases your transition time and in turn your final time.

Swim 2012 – 16:38 (PR by 3:29) Goal- 17:00

2003 - Strategy: Make it out alive!!!! I was the last one out of the water. My mom told me she was asking the officials if anyone was still in the water because her daughter had not come in yet. She thought I might have drowned. Most of this swim was completed by doing the back stroke and side stroke.

2012 – Strategy: Stay with the pack of orange caps. Stay long with full strokes. Good Form. Keep head in the water. Rotate the body and keep swimming. I had decided that I was going to go all out on swim to pick up time for the weakest part of my tri, the run. I was able to PR on the swim and was happy that not many in the wave behind me passed me.

Lessons learned from 2003 to 2012:

1. Proper swim equipment is important.
2. You need to train and training in an environment similar to that of the race is important (ie. open water swims).

Bike 2012 – 43:17 (PR by 1:27) Goal- 40:00

2003 – Strategy: I got this! I know how to ride a bike. I have been riding one since I was six. What else is there to know? My trusty mountain bike is great. I have a cage on my bike and I put a bottle of water there. Good to go!

2012 – Strategy – Ride hard and do not stop. Gain more time for my run. I will try to keep an 18 mph pace. I will drop into the aero bars when I hit those winds that are always on the Sea World side of Fiesta Island. Finish my water bottle of nutrition by completion of bike ride. No socks (I have been riding like this off and on, so not a new thing) for a quicker transition. I was able to PR on this part of the race. I did not achieve my goal though as my bike computer was dead and I could not monitor my mph. This was bad planning by me. I really should learn to use the multisport mode on my fancy garmin. I know Martha I hear your voice, “I paid for all those features why would I not use them.” Any ways, I was not able to watch my mph or cadence so I just kept peddling hard. I think I got drawn in to the pace of some slower riders and did not realize right away and got off my pace.

Lessons learned from 2003 to 2012:

1. This is a fun race and can be completed on a mountain bike.
2. To go faster a road bike helps.
3. A computer or garmin helps (of course if you know it is in working order and how to use it).
4. There is much more to cycling then what I learned from riding my bike to school.
5. Even though you will be out there for less then an hour you need nutrition because you have not had any since before the swim.

Run 2012 – 38:07 (PR by 1:32) Goal – 36:00

2003 – Strategy: run, walk and/or crawl across the finish line. They provide water so all I have to do is get off my bike, put on my hat and start running. I started my run and tried to keep the walkers from passing after all I was running. I took the water at the water station and kept going.

2012 – Keep a 12 minute pace and take out my one minute walk breaks. If I feel I need to walk I will do it at the water station only. I had practiced the 3 miles with no walk breaks. Since finding out what my knee problem was and how to deal with it my run has been improving. I knew my run time would be faster and I had gained a few minutes toward my overall time from my swim and bike. I have been focusing on something Cherie Gruenfield told us about running like we did when we were a child. I started thinking about summers spent playing with my siblings and friends and how we would chase each other and we were not thinking about our running, just having fun. I had my garmin going but really did not look at it much just kept running and cheering on teammates and other runners. Enjoying myself.

Lessons learned from 2003 to 2012:

1. Run like you did when you were a kid.
2. Enjoy!

Good Friends and Triathlon:



2003 San Diego With Debbie

2010 San Diego With My Niece Colleen



2012 San Diego With Amy