

Cinco De Mayo Brick for PCRF!  
May 4, 5 2013  
Diane Rogers

I am so thankful there is no “I” in team! Tri La Vie embodies the athletic-competitive spirit with the greatest support anyone could hope for! I see it as a win-win! For example, because I do what my coach tells me, I faced the challenge of a nearly 50-mile bike ride for the first time ever! For me, athletic competitiveness comes within myself. I strive to improve a little bit with each workout or race. It’s so rewarding! Now, as for support, we have the best!

Saturday’s 50-mile bike ride started before the race as I was already vying for ladies I could hang with on the course. I am not kidding when I say I was afraid of getting lost! I am not the best with directions, and I tend to drift in thought during workouts 😊. So, my number one priority was not to get lost! Number 2, kick butt and try out hydration-fueling options. Lastly, SURVIVE with my “hoo ha” still in tack (TMI sorry 😊).

On to the ride itself: early on, I latched on to Patty Hammel like a scared, abandoned puppy! It was comforting knowing I was with an experienced, compassionate athlete. She was in my sites at all times. What was FANTASTIC about

this race was I was able to interact with nearly all-48 team members, including Martha, who rode beside me on a nasty part of Jamboree. She was talking my ears off, and I thought it funny when she turned to me and said, "Am I bothering you?" My response was "heck no, you just distracted me all the way up this hill!" Martha gave some good advice and then rode off to become our very own course cheerleader a top the %#@! 241 toll road! I laughed as I thought of how many she surprised up there.

After we got through Santiago, we stopped at the water station and joined up with Karen L., Mary, Hillary, Mindy, Twan, and Amy. As we refueled and rolled off, I realized I was surrounded by women who have completed half ironman distances and are on their way to the full ironman distance! Yikes! Then again, fear of getting lost in unknown territory was my main drive to keep these women in my sites at all times and I did! We managed to push hard, wish for green lights, negotiate left turns in traffic, all the while, laughing, supporting each other and occasionally singing a tune (ok that was me but I get giddy with all the endorphins and exhaustion). Finally, we rode that awesome downhill to the empty finish line and on to the few volunteers left to give us our medals, bananas and water. Tri La Vie the most supportive team on the planet? Hell

ya! There waiting until we returned was Zena, Janice and Donna L.! Go Team!

I must say, though this sounds kinda silly, that bike ride was the second hardest athletic event I have done, first being a full marathon! I have pride in my accomplishment this Saturday and was truly in awe of those of you who ran a half marathon on Sunday! Because of Tri La Vie, I can actually say, I had fun completing 54 miles in one weekend! And yes, Martha, I am sore!

