

iTRYathlon - July 28,2012 - Race Report
Donna Lorenzen

I have now completed my first triathlon and I think I did pretty darn good! And I'm proud of myself!

I first got the idea to do a triathlon about ten years ago when I met a man at the gym pool who was training for his first Ironman. He encouraged me to do a triathlon since I enjoyed swimming and biking and he invited me to volunteer with him at the Newport Beach Triathlon. What an experience that was. Well, I didn't do a triathlon back then, but the idea of doing one stuck with me.

I have finally accomplished my goal of doing a triathlon. It may have taken a long time to do it, but I did it!

The training I've been doing, the coaching from Martha and Linda, and the support of my family, friends and TriLaVie women really paid off. I had a goal of finishing in the middle of my age group in 1:15:15. I finished in 1:12:31 and placed 7th out of 53 in my age group (45-49), 49th overall (297) and 43rd of the women (264). Can you believe the 45-49 age group was the largest of the event? I'm still in shock that I finished 7th in my age group!!

There were so many things that happened that I will never forget! There was starting and running next to my new friend Chardette! And the cheering all of us TriLaVie women gave each other throughout the event. And having my husband and friends to cheer me on at every leg and transition and especially at the finish when they gave me hugs and informed me I finished in 1:12-something. I was ecstatic! And there was Linda and Diane right next to them at the finish. And then the amazing part...pulling up the results on my computer and seeing how well I placed, well above the middle of the pack...and at the very same moment receiving a text from Chardette congratulating me. So many special moments!

The run is my toughest and went very well. I ran the 5k at a personal best time, mainly due to the nine-minute first mile (amazing what race day energy and a downhill can do). I even passed a few women!

The bike is my best and I hoped it could make up for my slow run. I passed many and never got passed. One tried to pass on the uphill of the second lap and gave up after several attempts. But I was nervous because I only passed a few women in my age group and I knew I needed to pass as many as I could that ran faster than me.

Then there was T2. I was pleased I got my cap on while running to the pool but it seemed like that run was going to never end and I was getting concerned winded. Right as I got to the pool entrance I got passed by someone in my age group. Damn! But I got in the pool before her because she stopped to put on her goggles and I put mine on as I ran along the pool. Yeah! Then she passed me in the water. Damn!

I don't know how to express how painful it was to swim!! My heart rate was elevated well above max swim and my chest burned as I struggled to breathe. Thank you Martha for having me practice one-sided breathing! My first lap was so slow. Then I got kicked in the abdomen as I crossed under the rope. Then I screwed up lap two by swimming over the lane line out of habit and was on the side of the lane away from the rope. For lap three, my breathing was finally under control, my form was good, I picked up my pace, and I swam a good line. I sprinted the fourth lap and even passed someone just before getting out and crossing the finish line.

5k(3.1mi) Run / 9mi Bike / 200m Swim (pool)

Total 1:12:31 7th (45-49 age group)

Run 30:41 17th

T1 1:11 9th

Bike 31:54 5th

T2 3:21 7th

Swim 5:29 4th

Next up, training for Pacific Coast Triathlon, a mere six weeks away.