



SheRox Race Report 2012- Mindy Davis

Retrospect:

I really love the SheRox race. There are several reasons. First it comes at the end of the season and it is a great time to reflect on the year. Second, in 2009 it was my 3rd sprint triathlon and the first time I set a goal on time (I wanted to be less than 2 hours) and I accomplished it. I will never forget how great I felt and from then on the sport became one of goals not just one of finishing. But the main reason I love this race is because of the large group Tri La Vie has at this event and for all the other wonderful female energy at the event.

This year I entered into the race with mixed feelings. I had concentrated on longer distances races and even while training for SheRox I was training for a half marathon next week. My main fear was fortunately I have been able to improve my times each year at SheRox and when I was preparing for my race and looking at old times I was a little worried about that trend would continue given the training I had recently done. I entered the race knowing I should just perform the best I can and that's all I can ask of myself.

The Race:

The swim was uneventful but when I came out I glanced at my watch and was pleasantly surprised. I trotted off to T1 to get prepared for the bike. Out of the corner of my eye I saw Pam Pimentel who is in my age group. Pam and I have trained and raced together a lot and in a nice kind of way she is my competition. So when I saw her I hurried up and got out on my bike slightly before her. I felt good on the bike and passed a lot of people always with the thought that I had to be extra careful because of the rain. A little ways into the bike someone came up and called on your left it was Pam. As she passed I told myself I have to get going a little faster. I immediately sped up and passed her. As I passed her I said Pam you are going to keep me honest and make me work hard today. I thought I remained ahead of her on the bike but she must have been right behind me because somehow between dismount and the time mat she snuck into T2 before me. Pam transitioned quickly and was out of the run slightly ahead of me. I caught up with Pam not too far into the run and I once again told her she is going to make me keep running. We laughed, I went a little ahead but she caught up and then passed me. I kept running with her in my sight the whole way. When I got to the last mile I tried to pick it up and catch up with Pam but I never did. Congrats Pam you had an amazing race and thanks to you I kept my tradition of improving at this race every year even if it was only by a little bit.

Pam next year's challenge is sub 140. I think we both can do it!

The Facts:

Year	Swim	T1	Bike	T2	Run	Total
2012	15:57	3:50	43:41:00	2:38	37:06:00	143:09:00
2011	17:12	3:03	44:38:00	2:02	37:04:00	143:56:00
2010	17:05	3:10	46:07:00	2:20	40:26:00	149:00:00
2009	16:57	3:55	50:13:00	3:13	42:56:00	157:11:00