

## iTryathlon Race Report – Laura Masotto

What a great experience for a first triathlon! And to be a part of such a supportive team like Tri La Vie, made it even better.

The morning of the race I woke up feeling prepared and ready. As I was setting up my transition area, I purposely racked my bike at the very end of the rack so I would only have someone to the left of me (not sure why I thought this was a good move). I left to use the restroom and when I came back to my area, someone had moved my bike over along with my towel and everything on it. Needless to say, I was irritated! Good thing Linda didn't come by to check on my transition area, I would have failed given the way it looked, ugh! So after I said a few curse words (to myself, of course), I got ready again.

My run went well and came in at 27:24. I felt good the entire way and made sure to pace myself until about the last ½ mile and tried to turn it up a little.

T1 was clocked at 1:20, I guess that's ok, right? Ok for a first timer.

My bike time was 34:58. I enjoyed this part the most, especially going DOWN hill!

T2 was clocked at 3:23, not too good. I have to admit that I couldn't find my darn rack!!! I knew exactly where it was coming in from the run but didn't pay attention to location coming in from bike. Shame on me, I know. And then, the run from the transition area to the pool was a little wobbly at first until I got my bearings.

My swim was not something to write home about...6:34. Obviously my worst discipline but nonetheless encouraging to know that I can improve.

I ended up 7<sup>th</sup> in my age division (35-39) and 54<sup>th</sup> overall. I'll take it. Thanks again to Martha and all the Tri La Vie coaches who helped, encouraged and believed I could do it.