

Bonnie Lytle  
Race Report: Barb's 70.3 7/26/14

My first 70.3!

Division: W50-54  
Division Place: 16/37 (Although 40 started)  
Overall Place: 128/262

	Actual Time	Estimated Time	Difference
Swim	0:48:02	0:47:00	+1 min
Bike	3:32:45	3:45:00	-13 min
Run	2:55:38 (YIKES!)	2:30:00	+25 min
Transitions	0:3:57/0:6:41	5:00 each	
Finish	7:27:03	7:10:00	+17

Quick Thanks To:

- Martha, of course. She's a wise woman and we should always listen to her!
- Dianna Contino and Judy Nikolenko for being regular training partners throughout this journey
- Chuck Lytle for supporting my efforts and for fixing dinner when I had late training. For traveling with me and for making it be "all about me."
- Hayley and Amalia Lytle for being my biggest fans and for encouraging me and who drove up to cheer at the race and then had to turn around after the race to drive back to their homes so they could go to work!
- Team mates who came to cheer, even though they weren't doing the race...it was so awesome to have Danielle, Colleen, Nadine, Zena, Robin Pajaro there. Special thanks to Robin P who swam with me on Friday morning.
- All TLV teammates who supported us in our efforts...
- Thanks to Tracie Pedroza who got me a Ginger Ale when I was "tossing my cookies"

FYI: Race Reports are difficult to write! So much to say, so many feelings, can't put everything in words.

**Pre-Race:** (Thursday and Friday)

We traveled up to Santa Rosa on Thursday and enjoyed the team dinner that Nadine arranged. I was tired that evening and slept great! Not an easy thing to do for a woman my age...some of you will experience sleepless nights as you age!  
Friday morning, Dianna Contino and I left fairly early to get to the river for a practice swim before the Barb's talk and packet pick-up. We were greeted at the

river by several of the team members, and right away, Robin Pajaro said, "I'm here as a supporter, do you want me to swim with you?" I accepted and appreciated her offer so much. She had us stop under the bridges to see that the water was shallow. She also just reminded me, as many teammates did, to enjoy the scenery! It was beautiful! Dianna and I felt great after the swim and we went back to the hotel to get ready for the expo and to set up our run gear at T2. Surprisingly, I'm not feeling very nervous about the race. Both Dianna and I are feeling confident that we will finish this race. We've committed to having our own race, not worrying about comparing ourselves to others and to finishing happy. So far, I'm liking this new outlook!

**Race Morning:** I arrive at the swim venue just a little after 5:00 a.m., we find a perfect parking spot on the street, and Chuck and I walk down to the transition area. As I'm setting up my spot, Nitty arrived and set up next to me. It was nice to have her nearby. Then I went back to the car for some quiet time of reflection and rest, and to eat breakfast. I get back to transition just before the full Vineman athletes are off on the swim. Even though my wave doesn't go off until 8:33, the time passes quickly and the next thing I know, we're lining up.

**Swim:** My plan was to hang toward the back and let the first ladies get out ahead on their way so I could avoid being hit by faster swimmers. This strategy worked pretty well and I fell into a steady rhythm (albeit slow). I didn't panic at all during the swim, the only worry came when the arch of my right foot started to cramp. I tried to remedy that situation by loosening my ankles and alternating between big kicks and little kicks. It seemed to work. I walked a bit at the turn around because everyone was walking and I couldn't get around them. Although my swim time was a little slower than I had hoped, I felt comfortable and I'm super happy with it. Martha had hoped I'd feel like a mermaid during the second half of the swim, and while I didn't really feel like a mermaid, the thought kept me smiling all the way!

**Transition 1:** I'm out and moving along. I didn't stop for the wetsuit strippers. My daughters were at the edge of the transition area clapping and shouting for me, and also telling me to pick up the pace! It made the man in front of me laugh out loud and made me laugh too!

**Bike:** Off on the bike! I knew that if I didn't have mechanical problems or a flat tire, that I could do fairly well with the bike. I remember Martha telling us not to ride faster than we trained, so I'm really holding onto that piece of advice. Martha also made a comment during the week before the race that truly spoke to me and became my mantra during this race, and will probably be my mantra throughout future races. **"It's a privilege, not a punishment to train and race in this sport."** Like I said, this really spoke to me, and I ended up sharing it with many others on the bike course. People passed me on the bike, I passed people on the bike, I shouted out encouraging comments to complete strangers, I thanked volunteers and the police officers who were at the intersections. I rode and chatted with some ladies and before realizing it, I was half way through the bike! I stopped at the aid

station at mile 40 to refill my aerobottle and to use the restroom. It was fun to see Dianna there too. She said she'd wait for me, but I told her to take off! She was having a great race!

My impression of Chalk Hill...TOUGH! I felt like I was going so slowly and thought I might fall off the bike. The hardest part of the bike, the last 3-4 miles, when my back started cramping up...telling me the run was going to be challenging!

**Transition 2:** Talk about a long transition! From the bike dismount to the racks and out again to the run start seriously seemed like a mile. I didn't lolly-gag in T2, but I did walk my bike in and walk part of the corridor out to the run start to try to get my back ache to ease up a little.

**Run:** In training, I experienced some good brick workouts and some horrible brick workouts. I had hoped my run would be somewhere in between. However, what I expected to happen...those evil mental monkeys telling me to stop, never happened. What did happen was I got calf cramps and so I adjusted my strategy from a 1 mile run/1 minute walk to run until I feel the twinge of a cramp coming on/walk until it feels better. I took advantage of the ice at every aide station and I drank plenty of water and electrolytes. Pretty much I kept smiling throughout the run and even had some people comment on how I was smiling. Unfortunately, at about mile 11, I became very nauseous and that really shut down my running. I walked most of the rest of the way in, until I saw the finish line (not the finish chute, the actual tape of the line) and then I ran it in. I was smiling at the finish and despite the calf cramps and nausea, I was elated. I had my photo taken with Barb, then immediately threw up, then...yes...that was me on the ground writhing in pain from a severe calf cramp. Luckily my family and teammates and a stranger came over to help. Tracie got me a ginger ale, we took a few photos and I had to get going. I don't do well in the heat, and I just didn't know if I would be able to stand much longer.

In conclusion, I feel privileged to have been able to train for and race this intense and challenging event! I feel this has been a pivotal experience for me and I WILL race this distance again. I know what I need to do to improve! I hope my coach and my teammates are up for the challenge of helping me improve!

