

Laura Roesgen - Ironman 70.3 Tempe
TriLaVie Member Since 2011
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I was excited when I heard Tempe 70.3 was now an Ironman event! I secretly want to qualify for the Ironman 70.3 Championships some day. Otherwise, I don't expect I would have signed up for a 2nd 70.3 race in one season as I am not planning to join the class of 2016 at IMAZ. I was not particularly excited about this race with an un-interesting swim, a flat bike course with lots of turns and a run without shade with likely 90F+ temps. As it turns out, I am very happy I raced this year—although my race didn't go as planned. Not all races are perfect and I had to adjust my goals during the run when I realized that I wasn't going to come even close to my goal time.

My game plan for this race was to take the swim fairly easy, go moderately fast on the bike and have enough energy left for a good run. I wasn't happy that the swim was wetsuit optional, but luckily I trained in Lake Mission Viejo multiple times without one and chose to look at the positive of racing without the wetsuit: I won't have to worry about chafing, getting too warm or the time to remove my wetsuit in transition. I will say that I enjoyed the swim—I felt more freedom of movement.

Goal Time: 0:43; Actual time 0:51

I guess I enjoyed the freedom too much! Would I choose to go sans wetsuit during a race? No, but now I won't be nervous if it happens again.

I was happy now that my strongest leg of the race was about to start! Martha challenged me this year to ride 20+ mph on SART for 56 miles with wind to train for this race. She recruited one of the best cyclists in Orange County to join the team—Simone. For purely selfish reasons, I suggested that Simone sign up for Ironman 70.3 in her first season. We had many great training rides on SART to prepare us for this race—a couple at 20+ mph. For the race, I wanted to keep my pace at no higher than 19.5mph to conserve my energy for the run. For the 1st & 2nd loops I was able to keep this pace. I was happy that the course had some moderate hills to make it interesting. By my 3rd loop, it was getting windy and warm and I was trying to keep the same effort. Of course I would have loved to smash the course and ride 20mph—but then I would have left nothing for the run. It was wonderful seeing some of my teammates during the ride, the cheering from Team Stelly and our personal stealth photographer Saints. However, I never saw Simone during the entire race. I caught up with Dianna at the dismount line and we ran into T2 together.



Goal Time: 2:52; Actual time 2:54 (19.3 mph)

I was thankful of the intense training which gave me strength and speed for this race.

Now the moment of truth—the run. Martha knows I haven't been super happy about my running since I recovered from my Achilles strain and that I really want to run ~ 2hrs during a 70.3. I have been struggling with mild allergies and some sciatic discomfort in my right glute this season. However, I felt pretty good heading out of T2. For the first mile of the run I concentrated on getting hydrated, cooling off and getting rid of the tingling in my fingers as I figured this was from not getting enough electrolytes. I chose to wear a fuel belt as I was dehydrated after the BARBs race. I drank some of my GU Brew and took some salt tabs. At the first station I dumped ice down my shirt and in my hat and wetted the cooling towel around my neck. This was the first race I used the towel and it was wonderful! I cut off a small piece to put in my sports bra (per Martha) which kept cool when the ice melted.

After a couple of miles, I noticed some pain in the top of my left foot near my toes. I had a bit of this during training, but it was the least of my woes. I was able to run at a pretty good pace and I was even passing people! The pain in my right glute wasn't bothering me. Yeah!! However, I realized after about mile 5 that I shouldn't run any more. I tried to keep my composure and not fall apart. I really wanted to finish but how was I going to make it another 7 miles if the pain got worse. I had to decide after I started the 2nd run loop if I wanted to continue. Bob Litrell walked along side of me to see if I was ok. He said something like: "On a scale of 1-10, is the pain like an 8? Because if it is you need to decide if this race is worth it and what you want to do next." I met up with Mari and Dianna and they asked me if I was ok. It was nice chatting with Dianna and she made me feel better by just being her usual nice self! I felt ok once I lengthened my stride and walked flat footed. I have seen how much ground Mindy can make with her race walking and I focused on getting to the finish line so I could wear the Ironman 70.3 shirt and visor. Wow, the stuff we will endure for swag! I was happy knowing I could finish this race. With what I thought was 1½ miles to go, I decided to try and run. It was mildly painful, but I kept going. Once I hit the uphill to the finish line my foot hurt!

Goal Time: 2:05; Actual time 3:04

Total Race Time: 6:55:47

I am very happy I finished —not sure it was worth the broken foot. I would have been upset if I stopped and still ended up with the stress fracture. I had a great time being with my teammates. It was the first 70.3 race that I was able to attend the team dinner and enjoy a girl's weekend. I ended up really liking the course and I will plan to give it another go next year. A very special thank you to Kristen and to Kathy (Simone's friend) who packed up my bike and transition bag. This was not the race for me to be without my Sherpa, but these ladies took good care of me. And finally, I am grateful to Simone for being a great training partner! She challenges me to get faster and is a super nice person.

