

**Event:** Breath of Life Sprint Triathlon – 6/25/06  
**Website:** <http://www.triforlife.com/>  
**Total Time:** 1h 14m 37s  
**Overall Rank:** 59/407  
**Age on Race day:** 34  
**Age Group:** 35-39 (they used age by end of year)  
**Age Group Rank:** 10/44

## Pre-race

### Comments:

Truck was packed and ready the night before the race.

Woke up at 4am. Ate half of a whole-wheat bagel with peanut butter and a glass of OJ.

It was already warm when I left the house at 4:30am, but I didn't factor in the beach temperature so I didn't bring a jacket or long pants. Next time bring some "waiting around" clothes for before the race.

Arrived at the event around 5:30am. Got a great parking space next to the transition area and had plenty of time to get my area ready, setup the bike, check in, and relax before the race. For me it's worth getting up early so I don't have to rush at the event. I hate that panic feeling when I'm late and trying to hurry up and get ready.

### Event warmup:

Did a little ocean swim to get some water in the wetsuit and a little pre-race stretching. I was in wave 10 out of 14, so the wait was long (over 1hr from first wave to my wave start).



## Swim

00:10:20 | 400 meters | 2m 35s / 100meters

<b>Age Group:</b>	16/44		
<b>Overall:</b>	100/407		
<b>Performance:</b>	Below expectations		
<b>Suit:</b>	Orca wetsuit		
<b>Course:</b>	Counterclockwise loop around 2 small buoys		
<b>Start type:</b>	Shore		
<b>Water temp:</b>	Cold	<b>Current:</b>	Northern current (against us)
<b>Breathing:</b>	Left side only	<b>Drafting:</b>	Poor
<b>Waves:</b>	Light surf	<b>Navigation:</b>	Poor (it was hard to see the buoys)

### Comments:

Sighting the buoys was difficult since the sprint buoys were very small and green (Similar to the water color!). I think I will try the Aqua Sphere Seal mask before my next open water swim. Lots of triathletes at the event had them and said good things about them. Maybe I'll get a pair before the next Aquathlon at try them in the 1k swim.

**What would you do differently?:**

Keep working on the swim workouts and open water swims.

I really should learn to breathe better on both sides.

## T1

**Time:** 2:16  
**Performance:** Good  
**Cap removal:** Great  
**Wetsuit removal:** Great  
**Bike gear on:** Good  
**Run with bike:** Good  
**Jump on bike:** Good  
**Getting up to speed:** Great

### Comments:

Shoes didn't go on as easily as I would like, but it was still a good transition.

### What would you do differently?:

Nothing



## Bike

00:38:04 | 12.7 miles | 19.98 mile/hr

**Age Group:** 13/44  
**Overall:** 118/407  
**Performance:** Good  
**Wind:** Hardly any  
**Course:** Well marked low traffic roads. A lot of police presence at intersections to give us right of way.  
**Road:** Smooth  
**Cadence:** High  
**Turns:** One U turn, a few 90degree turns. Otherwise it was straight as an arrow.  
**Cornering:** Good  
**Gear changes:** Should have down shifted more before the u turn  
**Hills:** None  
**Race pace:**  
**Drinks:** Water only

### Comments:

For the most part it was straight out and straight back. I passed a lot of people on the bike. Also got passed by roughly half a dozen cyclists moving very fast. Whenever I was over 20mph my quads would start to burn. Still need to work more on the cycling, but I was happy with my pace compared to previous races.

I held aero position for 85% of the ride.

This is still my worst leg of the Triathlon when compared to other athletes. I was 118<sup>th</sup> on the bike compared to 49<sup>th</sup> on the run.

**What would you do differently?:**

Learn to take the turns in aero position.  
Condition legs to keep increasing the bike speed.

**T2**

**Time:** 01:11  
**Overall:** Fair  
**Riding w/ feet on shoes:** Poor  
**Jumping off bike:** Poor  
**Running with bike:** Good  
**Racking bike:** Good  
**Shoe and helmet removal:** Fair

**Comments:**

I didn't get my left foot out of the shoe fast enough, so I had to jump off the bike with my left foot still in the shoe so I had to come to a complete stop to get my foot out or risk a Disqualification.

When putting on my running shoes, the insert bunched up at the toes. Luckily the insole flattened out almost immediately but I was a bit worried that the run would be really uncomfortable.

**What would you do differently?:**

Slow down just a tad earlier and get both feet out of the shoes before the dismount line.

**Run**

00:22:50 | 3.1 miles | 7m 21s /mile

**Age Group:** 5/44  
**Overall:** 49/407  
**Performance:** Good  
**Course:** Flat there and back route along a bike path by the beach  
**Keeping cool:** Good  
**Drinking:** Good

**Comments:**

I ran a little too cautiously on the first half of the run. By the time I got to the turn around point I realized I wasn't focused and picked it up a little. I could tell I was going to finish the run in 24min if I didn't get going. Nothing was hurting and I didn't feel too winded so I don't know why I wasn't pushing more. On the way back I paired up with a guy who was running a little faster than me and used him to help me keep a stronger pace. We raced all the way to the finish line and I beat him out by just a few steps.

**What would you do differently?:**

Maintain focus on the entire run. Push it a little harder earlier

## Post race

<b>Weight change:</b>	Didn't check.
<b>Mental exertion [1-5]</b>	3
<b>Physical exertion [1-5]</b>	4
<b>Good race?</b>	Yes
<b>Course challenge</b>	Just right
<b>Organized?</b>	Yes
<b>Events on-time?</b>	No – Started about 15min late
<b>Lots of volunteers?</b>	Yes
<b>Plenty of drinks?</b>	Yes
<b>Post race activities:</b>	Good. Free food and beer garden
<b>Race evaluation [1-5]</b>	4

### **Warm down:**

Walked around. Got some free grub. Talked to some of the people at the LA Tri Club booth.

### **Event comments:**

Felt pretty tired all day after the race. Slept well. Monday felt tired but did a 3.5 mile recovery run to keep from getting tight.

Saw Dave and Pam Edmiston at the event! Pam was doing the swim portion of an Olympic relay. That was cool.