

JULY 10, 2007



## Race Reports



### July 8<sup>th</sup>: Danskin Chicagoland Triathlon

This weekend was the huge, women's only Chicagoland Danskin Triathlon in Pleasant Prairie, WI. Brenda got to celebrate her 40<sup>th</sup> birthday by having Lee there to cheer her on. It was a great day with over 4,500 women participating! Yes, that's right – FOUR THOUSAND, FIVE HUNDRED!! What a scene – We honestly had never experienced anything like that before.

The energy and excitement level was so high by the time the start gun went off, it was almost overwhelming. Brenda was fortunate enough to have been placed in the first wave, so she had the big thrill of leading the charge for the day. Luckily, once the racing instincts kicked in, it was back to business and complete suffering for over an hour. The heat was a huge factor, especially for the women who started in the later waves. The temperature reached almost 100 degrees, with high humidity and very strong winds. Sheesh! Can't a lady catch a break?? We went out on the run course after Brenda finished and donned cowbells to cheer everyone on. Lee was out there for so long that he wore blisters on all his fingers from the cowbells and lost his voice by the afternoon. Since he couldn't race, that was his form of suffering on race day!

A special congrats to PR Tri Coach athlete Erin from Milwaukee who braved the elements for the day and bettered her swim and bike times from last year. She was proudly cheered on by her husband and parents.

## Upcoming Races

### July 15<sup>th</sup>: Pewaukee Triathlon

Since this Midwest Sports Events race (which is now full) has grown so much, they've changed the run start and race finish. So, if you've done the race in the past, make sure you review the course and/or course maps to ensure you know where you're going. This is sure to be a great one! Judging by last year's results, it looks to be a real barn-burner.

We had the opportunity to scout the course last weekend on the way back from the Danskin race. Leading the way was new PR Tri Coach athlete Andy, who took the opportunity to torture us by hammering through the bike course. By the time we got home, Brenda wondered why she felt like she had done 2 races in one day!

Check out the other upcoming Midwest Sports Events, including the rest of the 5-Star Series events at:  
[www.midwestsportsevents.com](http://www.midwestsportsevents.com)

### July 15<sup>th</sup>: Door County Triathlon

We've heard great things about this one...beautiful venue and loads of fun. This is another popular one that just reached the maximum capacity, so hopefully everyone who was planning on competing is already signed up.

PR Tri Coach athletes Drew and Meagan are signed up to make their 2<sup>nd</sup> triathlon appearances. Drew is hoping that his new bike will last longer than the 3 miles it went at the High Cliffs race before the crank arm fell off. He made a great save to keep from hitting the pavement, but unfortunately did not get to finish his first tri. But, as married couples all know – the important thing was that Meagan finished and had a great time. ☺

The weather is great in Wisconsin, so make sure you get out & participate in a multisport event!!

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## Race Tips

We normally provide the “Dos” of racing, but we have some examples of “Don’ts” that we earned first-hand in the past few weeks...

### Swim Start DON’T

Sure, getting a nice long warm-up for the swim is very important. It’s just not more important than actually starting the race!! Since we were doing the sprint race at High Cliffs, we had extra time after transition closed while the Half-Iron waves went off. So, we decided to swim out the course along the jetty. As the lead swimmers approached, the life guards asked us to move to the area parallel to the swim start. As we passed by the start gate, we heard that Wave 6 had just gone off. “Surely we have plenty of time to swim out a 100 or so yards and get back before Wave 10 goes off (our wave)”. Apparently not... We were still about 50 yards out when we heard the 1 minute warning for Wave 10. By the time we got to the gate, the entire wave was swimming furiously off into the distance. Oops!! Lee managed to make it all the way to the 2<sup>nd</sup> or 3<sup>rd</sup> swimmer by the swim exit, while Brenda was still thrashing her way through the field to make up for lost time. The bright side is that we were plenty warm by the time we left the start gate!



Photo: 2007 Age Group Nationals in Portland, OR. The run course went out and back in the opposite direction of the bike course. It was brutal – no shade and lots of hills!!

### Bike Mount DON’T

OK, we all know that the super-fly way of making the swim-bike transition is to have your shoes on the pedals so that you can hop on the bike, kick the shoes up and put your feet on top, pedal up to speed, and then slip your feet into the shoes – all in one nice, fluid motion.

Now here’s the way Brenda decided to do it at Nationals: Just past the mount line (which happens to be on a very steep hill), hop on the bike with zero forward momentum; focus on flipping the left shoe upright while allowing the bike to lean precariously to the right; fall on top of the bike while dragging the left knee and receiving 3<sup>rd</sup> degree road burn; curse to yourself; pick up the bike and hop back on, now with negative forward momentum; focus on getting both feet on top of the shoes while the bike is guiding itself sideways across the course and into the barricade; hit barricade; curse to yourself again; jump off of bike and decide to run up hill pushing bike; get 20 feet up road before realizing that about 50 people are screaming “YOUR SHOE!! YOUR SHOE!!”; look back to see your shoe on the ground under the barricade; use cat-like reflexes to catch the line-drive pass from the race volunteer who decides to hurl the shoe in the general direction of your head; drop your bike on the ground so that you can now put both shoes on right then and there; watch as 95% of your water pours out of your handlebar mounted water bottle; pick up bike, mount, and pedal off in one smooth, fluid motion.

Lesson Learned: Be sure that you practice a difficult transition such as an uphill bike start – especially if you plan on using a more advanced technique. Botched transitions can end up costing valuable time!