

5/21/17 Half Ironman Chattanooga TN

RACE REPORT (Swim *800m, Bike 56 miles, Run 13.1 miles)

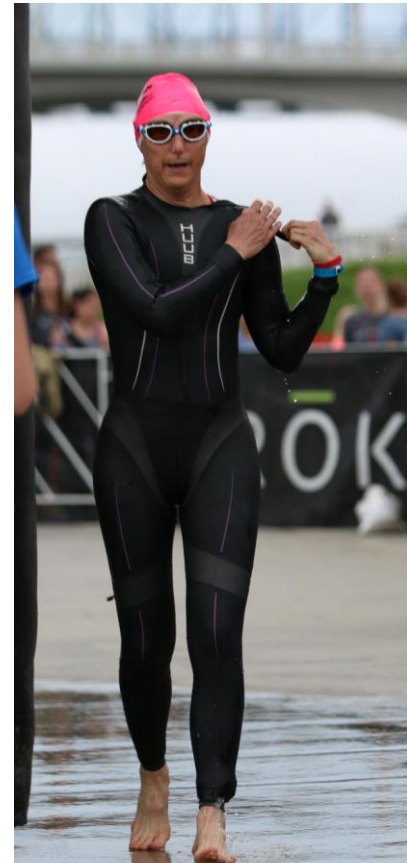


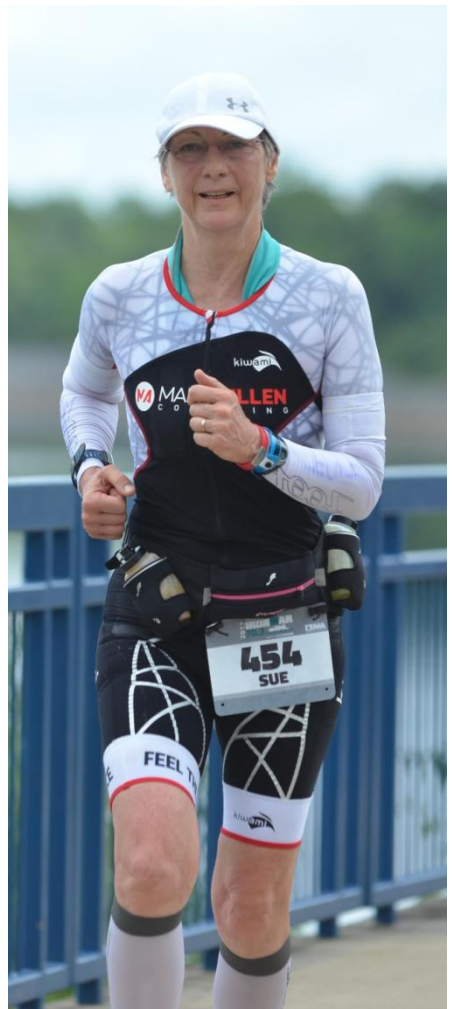
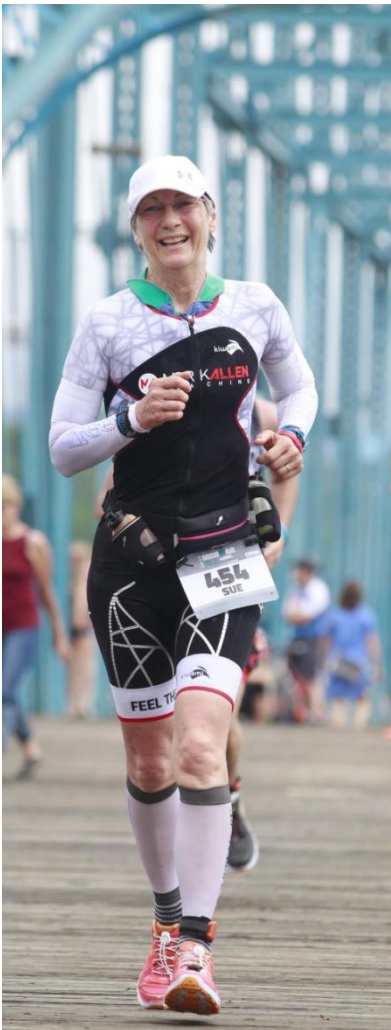
It's my sprint to the finish ~ beating my time from last year by 16 ½ minutes! **FIRST PLACE Female 65-69 by 30 minutes!!!**

*The day started with the Pros having trouble with the upstream portion of the swim. This caused a race delay of 20+ minutes while they moved the river buoys to remove the upstream portion of the race course. Just sayin' I had a personal best time! Over 3,000 athletes swarmed the swim start, jumping into the water one at a time to swim downstream.



This race ended up being one of my best races. I managed my energies well!





One of the highlights of this race was getting peaceful about the possibility that the race day storms that were predicted could be a reality. Learning to race in all weathers, and all conditions is just part of racing, and life. You may not like nor be able to control the conditions but you can make the best of them! It turned out to be PERFECT racing weather, and not a drop of rain. Ha!



Volunteers escort the athlete through the Finish line.



With every race I learn to be a better racer—nothing like practice!

I'm discovering that what continues to remain, and far surpasses the transient though sweet glow of a first place victory, is knowing I have raced my absolute best race for my current level of fitness. Focusing on racing MY best is fueling enough with the right combination of nutrients taken in the right timing, picking the shortest route through a curvaceous course, making quick sport transitions, and pacing smart by not going out too fast in order to spend the last available energy on the sprint to the finish. If I do this, then I'm not worried about my competition or where they are on the course, or if they pass me at some point...it's not over until it's over!

**Today, my best brought 1st Place!
And a 30 minute margin!!!**



Part of the bike course...

