

March 19, 2017 70.3 Puerto Rico Win!

Sue deJesús F65-69

In the end, what matters to me most is HOW I race. While I love bringing home the first place, which I DID in this race, ultimately what matters most to me is **did I give this race all I had?**

To answer that question, I have to answer these questions:

Did I give my best effort?

Yes. I did all I could with the race conditions: wind, heat and humidity. By the end of the run, I had used all available energy and couldn't give any more.

Did I pace well?

Yes. I raced within my current fitness, not pushing hard too early which would make running very difficult.

Did I have my nutrition and race fueling dialed in?

Yes! I had no GI issues at all. My tummy felt settled the whole race. My fuel choices worked well.

Did I roll with the obstacles that were presented?

Yes. My goggles broke right before entering the water for my wave. There is NO way I can swim 1.2 miles in salt water without goggles!! Over the years I've wasted a LOT of money on goggles only to find out they leak because they don't fit on my face! I was not frantic, but urgently yelled out "Does anyone have an extra pair of goggles?" Some man reached into his bag and passed a pair though the crowd. By some miracle they fit my face! Once on, I couldn't see through them. I tried saliva, but I still couldn't see through them. I yelled out "Does anyone have water??" The crowd passed along a water bottle that Carlos had. Once rinsed, I could see! They worked perfectly.



And Yes. I lost my extra nutrition bottle I carry on the back seat of my bike that carries my own unique mix of nutrition that I prefer that was supposed to cover my last hour of riding. I kept reaching back to check on it after bumpy sections of the roads and it seemed secure. Going over yet another bumpy section I heard the bottle launch and land with a heart sinking thud. In a split second I had to ask myself, do I stop to retrieve it? Or keep going? Knowing that races are won by seconds, I decided to keep going and use the nutrition options provided at

the very last aid station along the 56 miles of the course. I had already tried the course

nutrition in training so I knew my tummy would be ok. I stopped at the last aid station to top off my water and pick up the course sports drink for my front bottle. Once everything was topped off, I happen to reach down to check to see if the top and bottom of the bottle was tight. It was VERY loose! All the road bumps had severely loosened the bottom from the top of the bottle. So I was able to avert further disaster by tightening the bottle pieces back together. There would have been no other aid station to the end of the course!



Putting on sandals to run to the bike



Rougher waters on Saturday = more current on Sunday!



The last hill to the finish

Final question: Am I satisfied with my finish time?

Ultimately, YES! In looking at 1,483 finishers and many from every age group who did not finish the race at all, including 3 professionals who make their living racing, my time was faster than 634 men and women of all other ages!

While initially disappointed that my finish time was 14 minutes slower than last year, upon further examination of a few others who raced both years, their times for this year were **20-30** minutes slower than last year, one of them is a professional! So even taking the wind, rain, irregular road surface conditions, high heat and humidity levels into consideration, I wasn't affected as much as others were. So all in all, I had a very good race, and I'm happy with the results! *Sue*