

4 months...over 50 hours of training...five days per week ...2 Nutritionist appointments... 6 acupuncturist visits... a dozen chiropractic adjustments...three colds...a full-time job...a toddler who was sick more than once...the support of dozens of family members and friends...and not one missed training day!

The Result: 1:34:17 and a personal record! 😊

Check out my stats:

- 6<sup>th</sup> out of 15 novice female triathletes in my 35-39 age group;
- 24<sup>th</sup> out of 67 novice female triathletes;
- 98<sup>th</sup> place out of 170 (TOP 100!!);
- 325 yard swim in 6:13; 12 mile bike in 50:54; 5k run in 31:26

You can see them here as well:

<http://www.cumberlandcountyyymca.org/docs/triresults/2010trifortheytriathlonindivresultsall.pdf>

I had a long first transition (T1) and a decent second transition (T2) because I didn't need to change shoes.

## SUMMARY OF THE TRI

I knew once I arrived at the race venue that I had not prepared myself for this event mentally. I also did not know how to rack my bike, but luckily a woman took pity on me and helped me out. The race started at 9 am for the first wave of swimmers. I was in wave 10 and my start time was 10:19. That's right, I had an hour and 19 minute wait before my race started. In that time, my nerves successfully sucked my much needed energy out of me. No matter how hard I tried, I couldn't relax.

The swim lane I picked had three number threes on the diving board; however, I think it was technically lane 6. I chose that lane for Logan. I didn't know how the race would start, but it turned out that the announcer just started yelling "Go! Go! Go!" I was surprised but took off... LITERALLY off the start, I got water up my nose. Then on my 3rd lap or so, I took water in through my mouth...I was way "off my game" and so decided to take an extra breath at the end of a lap. I didn't put my feet down, but hung on to the side for two good deep breaths – got myself together and finished up in a respectable time. I was not the last out of the pool but, sadly, I was the last out of T1....

Just out of the Y parking lot, as I started my bike, I saw two people walking with red shirts on (family and friends had special shirts that read "iTRI for Logan" on the front and "Go Lisa!" on the back) one of those red shirts said "Go Lisa!" on the back, so I said "hey" on my way by...it was fun to see people I knew were there to support me. Out of the next turn I saw a sea of red and heard a bunch of cheering – it was Team Sweet! 😊 I gave them a big "WOOHOO!" as I rode by! The bike turned out to be harder than I thought it would be given my training rides on the course, but I think that had to do with the nerves.... My back also started hurting on the ride so I spent the last half trying to stretch it out on the straight aways. Just as I was starting up the steepest hill climb, I heard a rooster crow...the same rooster crow I heard the first time I rode those hills.... I smiled and cried at the same time – Logan was with me, cheering me up that last big hill! Mary, my boss, was watching at mile 6 of the bike, just after the two steep hills, and snapped a fun photo of me! It was nice seeing a familiar face mid-way through the bike course! Back at the Y, I had another big cheer as I rode in for T2.

T2 was easy, because I didn't have to change shoes, but I was winded and not looking forward to the run. The cheering as I ran by was amazing...perhaps it was because it lasted so long (because I was so slow!) and then Cora was waiting to run with me just past the crowd of supporters. That helped me so much! She ran with me for a little bit, told me that Jon said I was "off my pace" and encouraged me to just "put one foot in front of

the other." I told her to let everyone know that my back was hurting and I was going to do my best. After the long, slow uphill, I got a cramp in my side which lasted a solid mile...I tried running with my arm in the air, but that didn't help so I ran with my hand grasping my side – I was a MESS, panting and groaning in pain. Finally, I decided I could NOT cross the finish line like that! So, I talked to Logan for a bit – I asked him for his help to finish without walking – right after that, my breathing was under control and I was able to finish without the cramp! Cora and Silver met me just around the bend from the finish and ran in with me (though they did veer off before the actual finish line!), that was super special.

It was fun to hear my name called out by the announcer as I came around to the finish - I gave a wave to everyone who came to cheer me on and was so HAPPY to be done! I DID IT! I FINISHED without walking, floating, or coasting (much...!). I was fortunate to have such an inspiration in Logan and would not have been able to train or complete the race without his help, his energy, and his love for life!

My family and friends, my supporters, were absolutely incredible - possibly the best part of the day!

I was tired after the run and felt like the hugs were going to knock me over (in a good way!). Carolyn gave me the biggest hug – it was an emotional day for both of us! Knowing that Logan was there with all of us in spirit, but wishing he were never taken from us so this day wouldn't be necessary....

More hugs from friends and family continued...I started giving everyone the “play-by-play” of events. It was exciting to be done and able to enjoy the accomplishment with so many fabulous people! Sage besieged me with flowers for my hair after the race. Silver wanted my race # and I happily gave it to her. Jaclyn and Ryan congratulated me and I received my second biggest hug from Ryan. Cade was just happy to have me back! ☺

At home, Carolyn gave me an awesome collage of pics taken that morning with one of the group, and then one of each event, together with a necklace that had some of the pool water I swam in and pebbles from the road I biked and ran on....SO, SO thoughtful and Sweet! Finally, when everyone was leaving the house and I was saying goodbye to Silver and Sage, Silver said "I'm so proud of you Auntie!" now, THAT was special!!

Here is a link to Michelle and Jon Dustin's photos from the event – THANK YOU!

[http://picasaweb.google.com/ion.dustin/LisaTri?authkey=Gv1sRgCPm1sdvb\\_vf6jwE#](http://picasaweb.google.com/ion.dustin/LisaTri?authkey=Gv1sRgCPm1sdvb_vf6jwE#)

Next: I can't say for sure whether there will be another “official” tri in my future, whether my body will allow it or not, but I do know that the special connection I experienced with Logan through this training was worth all of the time, effort, sweat, and body aches - and then some! Thank you, Sweet Boy! I love you!

Thank you too, to all who donated to the Logan Sweet Foundation and/or came out to support me on race day – it meant so much to me and my entire family!