

Race Report

2003 Family Circle Triathlon 28 Sept 2003
(0.4 mi swim, 15.7 mi bike, 4 mi run)

1. Pre-race training: Had been training 8 milers since the bridge run, but just started biking this month. I did the run MWF and the bike on the running route TR (tues and thurs). I also do nonstop 120 situps and 120 pushups on running days.

2. The race results are as follows:

RUN	RUN	SWIM	SWIM	BIKE	BIKE	BIKE	BIKE	Run
Splt	Cum	Cum	Cum	Splt	Split	Cum	Cum	Spt
Place	NO.	NAME	AGE S	Plc	Time	Plc	Time	Plc
Time	PLACE	Time						Plc
108	69	Don Slogar	42 M	122	30:57	51	48:02	113
34:21	108	1:53:19						72

3. The race: This was my first tri! I had a goal to finish in two hours or less and I did reach my goal. I based the time on biking what I estimated to be 8 milers in 26 minutes and running what I estimated to be 8 milers in 61-68 minutes. I had no idea what .4 miles in the water was like, but the two times I trained I tried to stay afloat for an hour.

It was an in-water start, and being 42, I was in the second wave, after the elite group. Waves went off 3 minutes apart. It was quick. They had buoys out there we were to navigate, but the current took them away. they said head out at an angle to reach the buoy and then it would be easy after that. Since the buoy was gone, they had a canoe out there. I knew I was in trouble the minute I got into the water at the dock because I had trouble hanging on. I could not even get into position in the 30 seconds we were given. He said go and they were off. I tried to swim but it seemed like I was not moving. The entire group moved off. I touched someone's feet and someone touched mine. After that they were gone. I did not see anyone after that. I just kept looking for the canoe. When I got up to him he started to paddle away and I said hey wher u goin? He just told me to make the turn. I should have started heading back to the dock at that point instead of going with the current because then I was really taken out. The motor boat pulled me back in to where the swimmers were and I was taken out again. They said I was not moving. By then I was swimming on my back because it was more comfortable to breath and see. I was not tired, I just was not moving. Even the canoe could not make headway with me hanging on because of the current. I finally told them I was swimming to shore regardless of where the current would pull me. I got to shore and the tall grass, but I was still chest high with water and I could not even walk because of the current so I started to swim along shore. I was making headway because I saw the grass moving past me. I was not aware of time by this point just that there were no other swimmers out there and I needed to get to the buoy on shore. The boat finally had me get in and they pulled me back to the exit point. I told them to drop me in the water so I could swim in.

When I got up to the walkway where we left our shoes, they were already in the bag, but they dumped the bags and I got my towel and dried my feet and wore socks and shoes. Ran up to get bike and no one was around. I knew I was the

last one. Tried to wash the salt water out of my mouth. It was hard biking with no other bikers. I was not completely sure of the route and some of the turns or circles I had to stop to see where to go. I was biking strong and passed several people. That felt pretty good. I was no longer last.

Finished the bike and started to run. Only stopped after bike to get some water. Some of the turns on the run also not clear because either no one around or no other runners. An older woman passed me on one of the turns and that kind of frustrated me. (aside: being an old man myself I should talk, huh? In my mind I stopped aging at 27, but the reality of the performance shows...). Ok, I'm back. I was not running my race pace partly because my stomach was hurting me. I am not sure what happened, but in the last half it loosened up and I began running better. I later saw that "older woman" and she had an "R" on her right calf. I knew then she was on a relay team. That made me feel a little better. Maybe the run was all she was doing. I still should have been able to keep her from passing me. Oh well....

4: Post race thoughts: Will there be any more tri's? I have the thought that I wanna be able to still do this at 70, but that means I have to continue it from this point on. I am already so far behind, so I cannot afford to stop. On the other hand, that swim really scarred me. Until I get a handle on it, it would not make sense to do it again. I feel like the swim should be done along shore so that at any point you could stand up and walk. Perhaps they should have a rule water can't go below chest or waist to keep it fair. In the run we could walk. In the bike we could walk. We should be able to do that in the swim as well. Also depending on the current you have the potential of not ever being able to finish. Was I just not strong enough? Maybe I just have to try and work in some more swimming and see if time will show improvement. I still have not decided. One thing is for sure, I am glad I did it. It was a good experience for my first tri.

Comments or questions can be sent to slogardj@go.com