

St. Croix 70.3, called the “Toughest Half Ironman on the Planet”

Race Report by Jill M. Boorman, May 2008



Race update: 8 hours, 40 minutes. Rough swim...very windy and wavy but only a minute off my time from 2 years ago. I felt good. Transition was longer than usual...waiting on a friend. 1 mile out, torrential down pour...couldn't see out of my glasses. 6 miles out, couldn't get in my big ring in the front so I lost speed for the next 30 miles. I had two people wreck in front of me, and I almost wrecked once...able to recover though. Pushed my bike up the beast (about half mile). Got to 35 miles and could no longer get in my little ring (essential for climbing hills...and that is pretty much all of St. Croix). After stopping twice for help, almost getting my foot caught in the chain, nearly flipping over my handlebars when my gears changed on their own, pushing my bike up one more hill...where one of the Marshalls told me that was the last big hill (yeah right!)...I made it into the 43 mile nutrition stop asking for tools...which there were none...so I cried like a baby. The guy didn't know what to do with me and the women offered me a beer, a phone to call someone...I tried calling Bo to no avail so I decided to keep going. I made it to 53 miles and got a rear flat. I was only 3 miles from the finish so I pumped up my tire, said more prayers and rode in. I got to the transition area where Bo was wandering around my rack, a nervous wreck because no one had heard from me...I cried more there, put my shoes on and went out on my run. On the first mile I ran into a friend from Austin watching the race...she walked with me asking if I was ok...of course, I cried again...she helped me with my nutrition which I had let slip...so I ate whatever I had, hit every water

stop for gatorade, water, ice, sponges...whatever I could get. I felt good coming in although I walked a ton. My good friend Ronna rode her bike next to me to encourage me...I sprinted across the finish line...3rd last finisher!!!!!!! An hour longer than two years ago...

But I didn't quit!

Jill M. Boorman, PT