

Lima Peru ITU Continental Cup

April 6, 2008

<http://www.play.com.pe/eventos.php>

Hello everyone and welcome to the 2008 Triathlon season. I competed in my first race of the year last weekend in Lima, Peru. I have never raced this early in the season and never been south of Mexico, so this was uncharted territory for me. I had a few flight problems heading down and finally checked into the host hotel around 2:30am Saturday morning. I spent the next day putting the bike together, swimming in the chilly ocean, and relaxing with fellow Americans Brad Zoller and Dan McKenzie. Sunday morning, we packed up and rode down to the race site on our bikes through the crazy Lima traffic. I set up my transition area, slid into my blue seventy wetsuit and prepared to race... I lead the group out of the two loop swim course and hopped on the bike with a minute lead on the main pack. I quickly established a two-man breakaway with Luciano Farias from Argentina and hoped that we could stay away. We were successful in holding off the peloton for 6 of the 8 laps, but finally had to concede after a 12 man group worked together to chase us down. Heading into the run, I was in the middle of the pack (led by American Brad Zoller) and feeling the first-race-of-the-season pain. Fortunately, I had in me to stay in the top ten and finish in 9<sup>th</sup>. I was pleased with the result, but things could have turned out much better if the breakaway had stuck! I am back home training and starting to really kick in the speed work in earnest. I'm headed to Mazatlan, Mexico next weekend for the PATCO Pan American Championships where the field includes the likes of Simon Whitfield, Jarrod Shoemaker, and many other World Cup athletes. It will be my first chance to see where I fit in with some of the top ITU style triathlete in the world. In the mean time, check out my website to see pictures from last weekend's race. Thank you to my sponsors for letting me compete at this level! Kiwami Triathlon, Blue Seventy Wetsuits, HED wheels, CSE Corporation, and Power Enterprises!

PATCO Championships

Mazatlan, Mexico

4/21/08

<http://www.maraton.org/>

This weekend I was down in Mazatlan, Mexico competing in the Pan American Triathlon Confederation (PATCO) Championships. I was ready for the biggest draft-legal race that I have done to date and a great chance to put my name on the map. Race day started with the Juniors race where numerous 19 and unders had to be pulled from the water due to the 15 foot waves crashing on the beach. The Age Group race was next and the swim had to be cancelled due to the conditions. My traveling partner Charlie Clark had a great race despite the cancelled swim and finished 3<sup>rd</sup> in his age group. My race started at noon in the mid 80 degree heat. We fortunately had a swim, so we plunged into the water to brave the tide. The race went just as I had hoped with a breakaway on the swim that continued through the bike and to the end of the run. The only problem was that I wasn't in the breakaway! In fact, I wasn't even in the first main pack coming out of the water! I had a bit of trouble with the waves and ended up at the back of the pack after being tossed around and losing my cap along the way. By the time I made it out to the first buoy, I was roughly 100 meters behind the leaders and had a lot of work to do to catch up. I was able to catch up to the main group just in time to wrestle with the waves again coming in to shore. I had a bit better luck this time, but still ended up in the second chase pack for the first time in an ITU race. I hopped on the bike and worked to catch up to the leaders. After two loops, we were able to come together as a pack with the exception of the two leaders (including eventual winner and friend Matt Charbot!). The pack never got organized and could not catch the two leaders, but the positioning for the run lasted the whole ride. I put myself in a good place in the pack and came off the bike in a top 10

spot near the front and headed out on to the run. I knew I would be in a bit of trouble if it came down to the run due to the great runners in the field and I gave it my best shot to stay with the leaders as long as possible. I dropped off the pace after the first 1k and would end up finishing 26<sup>th</sup> out of the roughly 60 starters. It was not the result that I was hoping for, but it was a good motivating experience for the rest of the season. I'm off to St. Anthony's next weekend to race in my first non-drafting race of the year. I hope to repeat my swim prime win from last year (assuming no 15 foot waves in Tampa Bay!) and to improve on last year's 9<sup>th</sup> place finish. Check out the website in the next few days for updated photos from this weekend (see one attached). Thank you for all of your support and encouragement! Until next week...

St. Anthony's Triathlon

4/27/08

[www.satriathlon.com](http://www.satriathlon.com)

I was down in St. Petersburg, Florida to race the 25<sup>th</sup> Anniversary of the St. Anthony's Triathlon this weekend. This is one of the premier Olympic distance races in the world and I always enjoy competing against great competition in a great atmosphere. I met up with the Mad Dogs Triathlon Club and they took care of me during my stay. For the race, I took off on the swim and headed out with the main pack. I did not feel very good, but thought I was on the heels of Andy Potts and in a good position to try for the swim prime. Unfortunately, I was on the heels of the leader of the first chase pack, behind a 3 man breakaway that must have gotten away very early. A bit frustrated, I tucked in and finished the swim with the first chase pack and headed onto the bike. I jumped on my newly updated bike and gave chase to the leaders. This race was the first time on my new H3 wheels (30 miles old!) and my new Adamo racing saddle (1/2 mile old!). Both worked fantastically well and I felt fast and comfortable on the bike for the whole race. I came in to T2 just ahead of 2005 Ironman Champion Faris Al-Sultan and took off on the run. I've been working very hard at improving my run, but I still have along way to go! I did not get passed by anyone during the run, but I was unable to move up and crack the top 10. I ended up 13<sup>th</sup> in a very deep field that included many of the big names in the sport, but I have plenty of room for improvement! Big Congratulations go out to Adam Webber for winning the Amateur Elite Division (and beating many of the pros!), to Beth Shutt who was 7<sup>th</sup> in the amateur elite field for women, and to Vinny Monseau who finished 6<sup>th</sup> in the Amateur elite field and broke 2 hours for the first time in a career that is already long and accomplished! Also, great job to everyone who receives these reports who ran the race. I hope it was a great one! Thank you to Philip Lahaye and his staff for putting on a fantastic race and taking such great care of all of the athletes. Also, it was great to see the Mad Dogs who are the most hospitable and fun group of people you can find. I had a great time and met a bunch of great people! I look forward to coming back next year and climbing back into the top 10! Thank you to CSE, HED, Blue Seventy, Kiwami, and everyone for their support. A special thank you to ISM Seats who have decided to help me by providing the most revolutionary saddle available for all of my racing this year and to John Cobb who took the time to set me up on the bike before the race. I'll be back in action in three weeks at the Columbia Triathlon where I'll compete against St. Anthony's Champion Matt Reed and 2008 Ironman Champion Chris McCormick. I plan to defend my 3<sup>rd</sup> place finish and swim prime from last year.

Columbia Triathlon

5/19/08

<http://www.tricolumbia.org/Columbia/>

Last weekend, I raced the 25<sup>th</sup> Anniversary of the Columbia Triathlon. I always look forward to this race because of the challenging course and the great people/atmosphere around the race. I was more excited this year because my wife was able to come and watch me race for the first time in over a year! We drove into town Saturday morning, checked in, and racked the bike. We also talked with our friends at Elite Bicycles who are always at the race to provide service to their customers. Dave and company have always treated me very well even though I do not ride their bikes. My wife, our friend Jess and I ate at one of the best pizza places I've ever experienced, bought some last minute arm warmers and turned in for the night. On race day, we got up early and were at the race site around 5:15. It was cold, but not as cold as years past. I strapped on my blue seventy wetsuit and started the swim wanting to defend my swim prime from the last two years. I could not hold off John Kenny who ended up breaking my swim course record with a 15:48! John is fresh off of open water world championships and my partner for TTT this coming weekend, so I wasn't too upset! I was just a few seconds back and we headed out onto the bike with about a minute lead on the field. I pulled into the lead and led the race for the first quarter of the bike. I felt a bit sluggish and my legs were burning as I was passed by the eventual winner Chris Lieto and bike stud Andrew Yoder. About 3 miles from the finish of the bike, Chris McCormack and Greg Remaly passed me...for the second time! Chris asked me if I was still in the race and I had the same question for him! It ended up that they, along with Richie Cunningham took a wrong turn on the bike and added distance to the course! I must have re-passed them during that time! It was confusing heading into the run if I had cut the course or if they had screwed up. Greg and I talked about it for the first mile until he dropped out due to a foot problem. I picked up the pace and caught moved into 5<sup>th</sup> place about half way through the run. Heading to the finish, I caught sight of a hard charging Janda Ricci-Munn and had to sprint home to hold him off. 5<sup>th</sup> place is my best finish this year, but I have yet to put together a complete race. I was happy to see my swim come back to form, but my cycling was off compared to where it has been in the past. It doesn't help that I didn't tighten my seat post tight enough and my seat slipped about an inch during the ride (Anyone up for being a traveling mechanic?). My running is coming along slowly, but it is feeling better and the results will come. I've never been able to have a good kick at the end of a race, so that is a step in the right direction. It was good to talk with Chris Lieto and Chris McCormack after the race to get some insight as to what is involved in being a seasoned pro. I also learned about [www.thegreenathlete.com](http://www.thegreenathlete.com), which is a great site worth checking out! Thank you to Vigo, George, and the entire Columbia Triathlon Staff for putting on a great race. Congratulations to Andrew Yoder for finishing 2<sup>nd</sup> and beating some big names, Adam Webber for winning the Elite Amateurs (again!), and Beth Shutt for finishing 2<sup>nd</sup> in the Elite Amateur women! I'm racing again this weekend (starting tonight!) at the Triple T in Shawnee State Park in Portsmouth, Ohio. It's a three day, four race event that includes over 140 miles of racing! Wish me luck!

American Triple T

5/23-5/25

[www.hfpracing.com/results.php?eventid=34](http://www.hfpracing.com/results.php?eventid=34)

DISCLAIMER! THIS IS LONG!

This past weekend, I was in Portsmouth, Ohio for the American Triple T put on by HFP Racing. It is now my new favorite race (or races). This is a unique event that is made up of four races over three days. The first day was a very short sprint (250m swim, 5 mile bike, 1 mile run). The second day had an Olympic distance race in the morning (1.5k swim, 40k bike, 6.55 mile run) and another at night (40k bike, 1.5k swim, 6.55 mile run). The last day was a half ironman (2k swim, 56 mile bike, 13.1 mile run). For those of you counting, that is 5.25k of swimming, 111 miles of biking, and 27.2 miles of running over the course of the weekend! With the exception of the sprint, each race could have qualified as the toughest course I've ever raced. The hills were brutal both on the bike and run and the entire run was basically all off road with no flat spots except the first and last 400 meters! The other unique aspect of the weekend was that I raced with a partner all weekend. I was fortunate to race and room with John Kenny, fresh off of Open Water World Championships, throughout the weekend. I don't think it could have worked any better! John and I were very evenly balanced, raced smart and had a great time. Here's how it went:

DAY #1

The first race is very small in the grand scheme of the event, but it is a great way to start out and see what everyone is made of. It was cold and rainy and the water temp was claimed to be around 56 degrees! Since the race was only 250 meters, John and I (and some others) chose not to wear a wetsuit and brave the cold. Luckily, it was a short swim and we both survived. I had the fastest swim followed closely by John (who I was able to draft off of for the entire swim). We rode up and down a short climb and quickly hopped off the bike to run a mile in grass and gravel. I had the fastest run time at 5:25, but finished second behind fellow professional Kirk Nelson. John had a strong race and ended up in 7<sup>th</sup> place. We were the second placed team after the just over 20 minutes of racing... We went to bed knowing that there was a LOT more racing to go!

DAY #2

The first race was an individual time trial in the standard order (swim-bike-run). It was cold again, but we were wearing wetsuits this time and the swim went by quickly. John had the fastest swim and I had the second fastest. Heading out on to the bike, it was difficult to pace compared to my normal Olympic racing where I normally am blown out by the end. I settled in and rode a comfortable pace for the 14<sup>th</sup> fastest split. I headed into the run thinking more about the next two races than the current race, but was able to run a solid 5:55 pace and have the second fastest run of the race. I ended up third and John was 6<sup>th</sup>. After this race, we were in first place for the team competition, but just barely. We went back to eat lunch and catch a bit of rest. The next race was only 4 hours away!

The second race was a team time trial where John and I could draft off each other. It started on the bike and we headed out with tired legs. John was a bit more fatigued than I was at this point, so I did some of the pulling on the bike. When we got to the swim portion, we were about 4 minutes behind the lead team...BUT swimming when tired is not what most triathletes like to do! Everyone took the time to put on wetsuits to brave the cold, but John and I plunged into the 60 degree water and took off on the swim. By the time we came out (John about 30 seconds ahead of me) we were in the lead and left everyone behind cramping and pulling off their wetsuits! We hit the run and ended up the fastest team by almost 4 minutes! It was looking good heading into the last day, so we went to eat and went to bed looking forward to the last race.

### DAY #3

I had only done one half ironman before this race and I was fresh then. For this race, I was sore and tired before I even got out of bed! If I didn't have a partner counting on me, it would have been tough to get out of bed! We started at 7:00 am back into the cold water. It was another team race with drafting throughout the race. With everyone being tired, John and I took advantage of our swimming skill to put 2 minutes into the field. We hopped on the bikes and took off down the road feeling very strong and confident. The only thing that could stop us would be a mechanical problem...Then around mile 15 it happened. I blew out my rear tire and had to fix it. Since the team had to finish together, John stopped to help me fix it. We tried to use the instant Vittoria Pitt Stop, but the hole in the tire was too big! That meant we had to pull off the whole tire and replace it. This is easy normally, but when your hands are frozen and numb it turns out to be quite hard! The two of us finally got the tire changed after about 15 minutes and got back on the road after watching countless bikes pass us. After the first of the two loop course, we were 12 minutes behind the lead team! It took me forever to warm up after stopping, so we were biking pretty slow. It was John's time to pull me over the hills. It got to the point where if I didn't stand up and pedal I would have fallen over! About 4 miles from the end of the bike, John had the great idea to leave me behind and get to the run ahead of me. I was the one of the fastest runners in the field over the course of the weekend (it's getting better!!!), so we figured he would go ahead and give me something to chase. It was a brilliant idea. I limped home off the bike about a minute behind John and took off over 17 minutes behind the lead team. I started to run HARD. I caught John about 2 miles in and we set a steady pace. At the first turn around, we thought we had made up some ground, but weren't sure until my wife told us we were only 9 minutes behind the leaders at the half way point. We knew we had to be within 6 minutes of the winning time to win the overall championship, so we settled in and chased them down. We caught up to the second place team, who was 12 minutes ahead at the beginning of the run. At this point, I was walking up hills and running down and still making up loads of time on the other teams. We crossed the finish line only 4 minutes behind the lead team and secured the overall team championship! It was a great feeling, but I've never been in so much pain in my life!

The weekend was such a great time, we have already booked our cabin for next year! It is hard to put into words how fun, challenging, and unique this weekend is, but if you are up for a challenge it is awesome! Thank you to my teammate John Kenny for his great racing all weekend and to my wife and Kate for their great support. Thank you to HFP racing for putting on a great event, to Bob Duncan at Wheelie Fun for fitting me on my bike (111 comfortable miles!), and to ISM Saddles for making the best bike seat out there (111 comfortable miles with NO padded shorts!) Also, thanks to the folks at Dixie Chiropractic for getting my body ready for this torture! Congratulations to everyone who raced this weekend and had a great time! See you next year!

Philadelphia Triathlon

06/22/08

[www.phillytri.com](http://www.phillytri.com)

Last week, I competed in the Philadelphia Triathlon in Fairmont Park. It was my third time at the race and I really enjoy the course. I flew into town on Saturday with Ashley and stopped by the expo to sign in and look around. I did not have a place to stay for the night set up and no pre-race commitments, so we toured the city and ended up stopping by Elite Bicycles on South Street. I have known the elite guys for a long time, but had never been in the shop until now. The place was busy with people stopping by before the race, but I was able to visit and have my bike put together by someone a bit more qualified than myself (thanks Richie). If you're in the Philly area, look these guys up! After receiving a parking ticket while in the shop, we headed back to the race expo for the pro meeting. After the meeting, I met up with my home stay and took a quick spin on the bike before turning in for the night. Race day morning, I set up my transition and rode the bus to the swim start (the swim is a point to point swim). There was a strong group of swimmers in the pro field, so I readied myself for a fast swim. We hit the water and surprisingly the pace wasn't too quick. I had a nice draft the whole way and felt strong coming out of the water. A group of 5 of us exited the water with about a 30 second lead on the main group. After a quick transition, I tried to settle in on the bike. Unfortunately, it was a long 40k ride! I struggled to find a pace and felt tired for the whole ride. I managed to come off the bike in 6<sup>th</sup> place, but feeling pretty rough. I had another quick transition and came out running just ahead of my TTT partner John Kenny in 5<sup>th</sup> place. I did my best to hold him off, but in the end he was too much for me. My run felt smooth, but I was still recovering from the bike ride. I finished the run in 6<sup>th</sup> place at just under 1:57 for the race. The time is a bit slower than last year's time and 2 places lower. After the race, Ashley and I drove to the Wachovia Center and watched the finals of Olympic Trials for women's gymnastics. It was a great end to a long weekend! Overall It was a disappointing race, but it is motivation to get back to work for the second half of the season. I will be taking a break until the Chicago Triathlon on August 24<sup>th</sup> to re- focus my training and coach my swim teams here in Dayton. By the next race, I'll have a new Veritas bike and new cycling fitness to go with it! Thank you to Lars Beck and the race staff for putting on a first-class event. Also thank you to Tommy for sharing his home with me over the weekend. Congratulations to everyone who raced. I'll see you next year!

Kelowna Apple Triathlon  
August 17,2008  
[www.appletriathlon.com](http://www.appletriathlon.com)

This weekend I made the trip to Kelowna, Canada for my first race in almost two months. It was a bit of a last minute decision to shake the rust off and get ready for the Chicago triathlon this coming weekend. I flew into Vancouver on Thursday and drove to Kelowna on Friday through some of the greatest scenery I've ever seen! After the pre-race meeting and check-in I met up with the Penner family, my fantastic homestay for the weekend, and took the next day to relax and prepare before the race on Sunday. On race day, I felt surprisingly loose and relaxed as I warmed up for the 2:00pm start (5:00pm back home!). I was excited to be racing again and looking forward to using my swim to get out and begin the breaks early. The horn went off and I dove into the lake with about 39 other pros. It was the Canadian National Championship, so I expected it to be an aggressive race from the beginning. I tried to take the swim out fast, but felt flat in the water heading into the first bouy. It only got worse as I completed the first lap about 30 seconds down on the leaders and stuck in the middle of the pack with no flat water to be found. I came out of the swim toward the end of the main pack and was exhausted! Not the way I wanted to start the race! I headed into transition where I managed to be slow enough (it took me what seemed like 15 minutes to buckle my helmet) to loose contact with the main group and come out with the chase group. The 6 loop bike course had a pretty decent climb each lap and our small chase group couldn't make up the ground on the main pack. It felt good to have the legs burn and feel my whole body rebelling right from the start. I do love racing! It was getting pretty ugly on the last few laps and our group came in 2-3 minutes back of the leaders. I took off on the run feeling pretty rough and hoping to salvage a bit of the race which was turning out to be quite rough. I ran smoothly and found a nice rythm, but in the end the legs just weren't there to manage any type of speed. I came in 23<sup>rd</sup> with one of the more painful races in recent memory. It seems like I had quite a bit of rust to shake off!!! Hopefully the race will get me ready to compete this weekend and prepare for the second half of the season in the coming months!

The trip was definitely a positive experience despite the poor showing. It was good to see my Canadian friends Jaime and Dan (who both kicked my butt!) and get back into the racing mode. I had time to explore Vancouver and workout in Stanley park (worth visiting if you are ever in Vancouver) I was also fortunate enough to meet a lot of great people including Eric and Rebecca in Vancouver (thanks for letting me crash!) and Connie, Glen, Oliver, and Elliot in Kelowna. I'm looking forward to coming back next year for a bit of redemption and to see them again! As always, thank you to those of you that make it possible for me to race. Thanks to CSE Corporation, Kiwami Triathlon, HED Wheels, Blue-Seventy Wetsuits, ISM Saddles, Wheelie Fun Multisport and all of you that continue to motivate and inspire me to compete. I'll be in action next weekend in Chicago on my new Veritas custom time trial bike which is AWESOME and fits me like a glove. It is fitted with the coolest aerobars on the planet, the Blackwell concord bars. I'll get pictures up soon of the new toy. Until next week...

Chicago Triathlon

8/24/08

[www.chicagotriathlon.com](http://www.chicagotriathlon.com)

This past weekend I was up in Chicago racing for the second week in a row. I drove up Saturday with good friend and part-time manager Brendon Maxwell. We arrived in town a few hours before the race meeting and met up with fellow Pro Brad Zoller, who was kind enough to let us stay the night at his apartment. I went for a quick jog, attended the race meeting and did a quick walk through the expo. Unfortunately, the expo was already closed when we made it down, but I was lucky enough to run into the USA Kiwami rep Andre. It was good to see a Kiwami presence here in the states. Look for the company to explode in the next few years! Afterwards, we went out to eat and went to bed enjoying the fact that the race did not start until 11am the next morning. On race day, I woke up and rode down the beach to transition. I was able to jog over and congratulate Adam Webber on another fine performance in the Amateur Elite wave and watch a few of the other age group athletes crossing the finish line. I finished my preparations in transition, made the ½ mile walk to the swim start, put on my Helix wetsuit, and got ready to race. The race started with around 40 pros scrambling for position in the narrow swim course. I had a much improved swim from last weekend and was able to sit very comfortably in the lead pack. I came out of the water with a group of 6-8 others and we ran the long run into transition. I was passed by a few too many people on the run and headed onto the bike in 12<sup>th</sup> position. This race was the first time on my new Veritas Bike and it didn't disappoint. I felt smooth and comfortable the whole ride despite riding on the pothole-filled Lake Shore Drive into winds that topped out at over 30 mph! While the bike rode great, my legs were reminding me that they were not quite in race form as I lost time to the leaders and came in 20<sup>th</sup> heading out onto the run. I took off with tired legs onto the run, but was able to pass a few people in the early stages of the run. Despite not having the best run, I was able to move up a few spots and come in 17<sup>th</sup>. Considering the quality of the field, it was not bad, but I know I should be able to consistently be in the top 10 of the big races. I'm heading back into training for the next three weeks until I head to Westchester, NY for the Westchester Triathlon on September 21st. I am the defending champion of the race and hope to defend again this year. As always, thanks to those of you that support me through my racing season. Please support my sponsors: Blue-Seventy, Kiwami Triathlon, CSE Corporation, ISM Saddles, HED Wheels, Veritas Bikes, and Wheelie Fun Multisport.

Westchester Triathlon

September 21, 2008

[www.westchestertriathlon.com](http://www.westchestertriathlon.com)

This weekend I was in New York competing in my third Westchester Triathlon. I have won the previous two years (once as an amateur, once as a pro) and came in looking to defend. I met up with Martin Avidan and his family and enjoyed their tremendous hospitality over the course of the weekend. The day before the race, Martin and I volunteered for the kids race and I was able to help by making sure all of the kids were safe on the swim course. It was a great time helping some of the young ones work hard in their first triathlon! I didn't even know what a triathlon was at their age and it was inspiring to see over 200 kids competing. After the race, I registered and met up with the rest of the pro field for the race meeting. It was a great field of familiar guys so the atmosphere was relaxed heading into the race the next morning. We dove into the Long Island Sound and I quickly established a lead. I was joined by John Kenny about 500 meters in and we worked to put time into the rest of the field. My swim felt fantastic partly due to the great blue seventy wetsuit and my recent workouts with the Dayton Raiders Masters team. John led out of the water and I followed a few seconds behind. We had a minute gap on the field and I was feeling great! I had a smooth transition and headed out on the bike looking to make up ground on John and take the lead. Unfortunately, my great feeling in the water did not carry on to the bike! I felt sluggish in the beginning as my legs tried to warm up from the chilly air and water. I never found a good rhythm and my legs were heavy by the time I reached the end of the ride. John continued to lead, but I had dropped back to 5<sup>th</sup>! I knew I had to run well to stay in the top 5 and tried to push my legs to run smoothly. I have been running very well in training, but my legs were too tired from the bike to really make a run and moving up in place. I ended up finishing 5<sup>th</sup> just behind good friend Jamie Stephenson from Canada. I did not have the race that I had hoped for, but was excited that John was able to hold onto our lead from the swim and win the race in front of hard-charging Richie Cunningham!

I enjoyed the race despite the disappointing result and will be back next year to avenge myself. It is a great course and I have met many, many great people in the area. Thank you to the race staff for taking care of me and the Avidans for making me feel at home. Thank you to Martin for being an inspiration and showing what determination is all about! Thank you to Blue Seventy, Kiwami, HED Cycling, Adamo Saddles, Veritas Bikes, CSE Corporation, and everyone else who makes it possible for me to compete. I plan to do one more race this season, but I'm still working on which one to do. Regardless, I need to get my cycling legs back so I can head into next season ready to go! I will have the website updated soon with this report and hopefully a few pictures.

Escape to Bermuda Triathlon

November 2, 2008

[www.escapetobermudatriathlon.com](http://www.escapetobermudatriathlon.com)

This past weekend I was on the beautiful island of Bermuda competing in the second annual Escape to Bermuda Triathlon. This is my last race for the season and I went in knowing I would be up against some of the toughest competition I've faced. The small but strong male field included current and former Olympians, numerous World Cup and National Champions from around the world, and winners of some of the biggest races throughout the year. I was feeling pretty excited as Ashley and I flew into the island Friday morning and met up with our homestay couple, Jeff and Ede Conyers. We settled in and rented a scooter to tour the island and preview the course. The scooter was a great idea, but a bit nerve-racking since the roads are pretty narrow and you drive on the left side of the road! We survived the first drive, saw a bunch of breathtaking views, and checked in for the race.

The next morning, we rode the scooter to the other end of the island to help out with the kids race along with the other pros. It was great seeing such a great race put on for the kids! I got to hand out medals, sign autographs and encourage the future of the sport! I was even asked to sign a young girl's forehead (even though I'm sure she had no idea who I was!). After the race, I went for a quick swim in the ocean and we took off on our scooter to visit St. George's and preview the run course. Feeling a bit more confident on the scooter, Ashley took some pictures while we were driving (on the website soon) and we headed back home.

Race Day started early with a ferry ride to the swim start where I racked my bike and loaded the boat to start the swim. I wore my Blue-Seventy swim skin for the race and jumped into the chilly water and waited for the race to start. It started not by a horn, but by a few swimmers (led by the one and only Ben Sanson) simply starting to swim! It took me a while to realize that the race was unofficially started, and I began about 15 meters back from the leaders. I quickly went to work to make up the difference, but could only manage a 4<sup>th</sup> place in the swim right behind US Olympian Matt Reed. I jumped on the bike and took off on the bike ride that covered the entire length of the island. The Veritas bike fit like a glove and I felt stronger than I have all year as I made my way through the hilly ride. I exited the bike in 8<sup>th</sup> place ahead of the likes of US Olympian Jarrod Shoemaker, super-biker David Thompson. I hit the run course and did my best to hold on to a top ten finish. Just two weeks ago, I couldn't even run a step due to injury, so I was happy to be racing but knew I would have trouble with the steep ups and downs of the course. I ran steadily, but was passed by four guys and ended up with a 12<sup>th</sup> place finish. I felt like I put together a solid race and have a good idea of what I need to do in the coming off season. After the race, I was able to talk with many of the seasoned veterans and learn from their experiences. The rest of the day was spent visiting the island and enjoying ourselves at the race post-party.

Thank you to Lisa and IMG for putting on the race and to Dave Morrison for arranging for our stay on the island. Also thank you to Jeff and Ede Conyers for sharing your home with us for the weekend. Congratulations to Matt Reed on the victory and thank you to everyone who talked with me over the weekend about taking my racing to the next level. Thank you to the Heusers at Dixie Chiropractic for fixing me up and allowing me to run the race! As always, a big thank you to my sponsors: CSE Corporation, Veritas Bikes/Wheelie Fun, Kiwami Triathlon, HED Wheels, Blue-Seventy Wetsuits, ISM Saddles, and everyone else who has helped me chase my dreams. Until next year...