

PrairieMan Sprint Triathlon – Sep. 13, 2009

My result: 1st place – age group!

This was a challenging race due to the weather conditions – it rained the whole time. It took place in Joe Pool Lake where part of the park was under construction, so it added a little bit to the already difficult conditions as we had to share the bike portion with the vehicular traffic.

I had to be at the transition area by 6:15am. The waiting was chilly and wet, especially when all you're wearing is a bikini and a swimming cap! The pre-race meeting under the rain lasted forever! We were shaking and just hoping to get in the warm water as soon as possible! Thank God this time I was in the first wave. Swimming under the rain is quite an enjoyable experience. I improved my time by more than 5 minutes in the swim and managed to stay with the pack this time. (15 min. for 500 m.) There is still a lot of room for improvement. There was no sense to set up transitions, because the rain was way too heavy, so everything had to stay in the bag. Then I paid for it, trying to find my clothes and spent over 7 minutes in the first transition. This was pretty bad.

The bike ride was very challenging as the rain and wind only got worse and worse. In some flooded areas that had to be crossed, I almost couldn't pedal because the water reached almost up to my knees, and there were a lot more flooded spots, not as high but still scary. Then the wind became so strong and the pelting rain hurt my face. The visibility was almost zero at some points and was made more dangerous by having to share the road with the cars. On the bike portion, I averaged 17.5 mph. I have no comments about my pace here, I'm grateful I survived!

I liked the run in the cool rain, but the downside was that the first mile was flooded all the way, with areas about one foot deep - it was like running with weights on my feet! My time was slow but better than last time. (23:50 - 5K.) It felt good passing a lot of cyclist and runners all the way through. The transition times were horrible! I couldn't find anything in my bag! 1<sup>st</sup> T = 7:3 minutes!!! 2<sup>nd</sup> T: 2:30.

I placed first in my age group. No paparazzi, no ceremony either, partly due to the heavy rain. It was a very nice and rewarding experience overall, I would do it again with no doubts.

Sonia