

Lisa's running of the mouth...

This past week Bud and I along with several other TrainingGoals athletes traveled to Hawaii for the Honolulu Triathlon, which also served as the US Olympic Triathlon Trials.

The event was very successful from a race director's point of view and very thrilling for the participants.

Race morning the surf was very choppy and I had to do my best to calm my own fears regarding the crashing waves 200 meters off the shoreline. As your coach, I still go through the same fears, concerns and wonderments – “did I train enough? Will I drown? Will I have to use the bathroom?”

These days racing for me is about staying in touch with all the fear and wonderments that you as athletes go through before and during your races.

After about 200 meters or when I realized you could swim through the crashing waves if you time it correctly, I calmed down and started to race. In my wave, 40 and older women, there was another very strong swimmer that I managed to get right on

her toes and follow her bubbles. Doing so allowed me to draft and to swim without having to sight (look up to see where we were going) very often. This woman was clearly a seasoned swimmer and she swam a very straight line. Once we got close to the shoreline my pride kicked in and I raced her to the shore so that I could claim the fasted swim split – ever the competitor!



Tami Collier exiting the swim.

The swim to bike transition was a good half of a mile over sand, dirt, rocks, grass and little palm tree pinecones. I spent way too much time before the race worrying about the footing. Once the gun went off I was in the zone.

The bike course was very straight forward - around

Diamond Head, out a highway that runs along the coast, up a nasty little hill then back. The trade winds on the way out were very strong, however once you turned around you were flying.

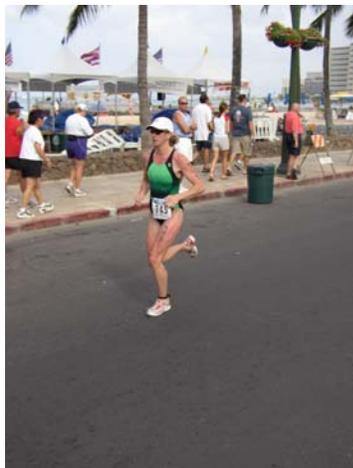


Susan Williams on her way to a third place finish.

What I learned out on the bike course this time out is the importance of steady drinking. Last year in Florida at the St. Anthony's triathlon I did not drink enough. This was partly because I did not have the convenience of a bottle right in my aero bars. This year, I knew that I needed more fluids so I used a water bottle specially designed to sit right between my aero bars making it easy to drink. As a result of this, I finished the bike course with a full bladder. (Stop reading and skip this if you are

somewhat timid about body fluids!) Knowing that I could not start the run feeling this way I was able to relieve myself while riding. This is common yet I had never needed to do so. Now I know how Lance Armstrong can ride for 6 hours and not have to stop to use the bathroom!

The run course consisted of two loops around Kaipulani Park, which is flat and shaded. Thousands of spectators lined the course.



Lisa brings it home.

After the Age Group race we were treated to the US Triathlon Trials race. The women went first followed by the men.

The past 6 years I coached Olympic hopeful Susan Williams and have helped guide her running to the Olympic level. Susan finished the race in third place (second American) just 15 seconds behind the winner Barb Lindquist. Barb earned one of three spots on the Olympic team with her victory. Susan will have two other chances to make the US

team - next month at the World Championships in Portugal and then again at a race in Bellingham Washington in June.

Susan's running split was the second fastest in the race. She has gone from one of the weakest runners in the sport to one of the strongest. In my eyes she is a true champion.

Speaking of champions – George Toberman a member of TrainingGoals.com finished second in his age group (60-64) while three of his daughters finished 6th in the Women's Relay division.



George in the middle...

Tami Collier of Colorado Springs finished 11th in her age group while your coach managed to bring home top honors in the Master's division.

Boston Marathon

The last newsletter I talked to you about cold weather running...well I should have included an article on heat racing as well. This year at the Boston Marathon heat records were set. At the starting gun the air temperature was already in the 80's! Needless to say this had a tremendous impact on those running.

TrainingGoals.com runners included:

James Newton, 3:42:00. Jim ran an incredible race in the heat and the weeks and days prior to the race spent many hours at the hospital with his girlfriend as she recovered from a blood clot and other complications.

Jill Montera, 3:45:16 Jill is new to TrainingGoals.com so I can take no claim in the gutsy race she ran. I look forward to seeing just how fast she can run on a reasonable day!

Brian Wilson

What can I say? Brian had the flu (the praying to the Porcelain God type) and he used all his energy just getting to the finish line. I know that I would have not been able to do so. Next time Brian.

A special thanks to Bud for all his help assembling and disassembling our bikes. He was a great help and support.



Bud's new best friend.