

July 1st, 2008 - "I think it's the duty of the comedian to find out where the line is drawn and cross it deliberately." - George Carlin 1937-2008

Thought I would start this entry off with a tribute to the late, great George Carlin. His passing recently was a sad day for me as I feel we have lost one of the great ones.

I have two race reports to give in this update, one from Escape from Alcatraz on June 8th and the other from San Diego International on June 29th.

Alcatraz is the only race I've done every year of my triathlon career and I love it. I have yet to find a reason or the desire to stop doing the race and it gives me the challenge of trying to improve each time. Last year was my first decline in performance at Alcatraz but it turned out that I had bronchitis and an iron deficiency during the race.... that explains a thing or two! But this year I felt as if I was back on form. Training had been going well and I was healthy. My plan of attack for the race was to get out of the water in a good position, push it on the bike right to the red-line and then really hammer the run. The run course at Alcatraz is hilly and long, which gives good runners a long time to make up ground. I was hoping I could consider myself a good runner at this race.

Not everything went as planned as I exited the water nearly 2 1/2 minutes behind the leaders and knew I had some serious ground to make up. I pushed on the bike right to the edge of my racing comfort level and knew I would have to pull off a great run leg to have any chance at saving this race for myself. My bike split turned out to be within 10 seconds of my fastest bike time on that course. Unfortunately, that still put me in 26th place coming off the bike! I went out on the run as if I was running a normal 10k race and hoped I wouldn't fade too badly. I managed to hold on relatively well and ran my way back to a respectable 16th place finish. I was pleased with the run but wished I had been in a better position out of the water. Alcatraz is a tough swim (55 degree water with currents and swells that no one wants to swim in) and is extremely unpredictable. Overall I am quite pleased with the performance and hope it carries me through more good races this year.

My second race this month was the San Diego International Triathlon, starting in Spanish Landing and ending at the Seaport Village in downtown San Diego. The weekend did not start off as well as I had hoped as my planned homestay decided not to call or write and I had to find a last second hotel (literally the night before I left). But, once I got to San Diego I was able to relax and get my bearings straight. I set

up my bike, took a nap, found some good food (my hotel was in Little Italy) and went on a run. The next day I was in contact with my friend Chris, who lives in San Diego, and we drove the bike course to take a look at what I needed to conquer the next day. The bike course is essentially all up hill on the way out and all downhill on the way back to transition.

I had done this course twice as an age-grouper in 2002 and 2003, but my memory of exactly how the course was laid out, was weak at best. The reminder helped out quite a bit.

Race morning I woke up nice and early to jump in the water at 6:40! The men's pro field was 16 guys and 8 girls all starting at the same time. The course was a down and back 1000 meter loop. By the end I was out of the water in 2nd place, 20 seconds behind the first guy. I went onto the bike in the same position and from there I lost place after place as the strong cyclists went past me like I was standing still. I knew, once again, that it was going to come down to how fast I could run. I went through T2 as the 11th place pro male and ran my way back to 6th. I was happy with the run, although not as fast as it felt, it was still the 4th fastest run of the day and put me back into a position I was confident, before the race, that I could accomplish.

After the race I spent the afternoon relaxing and then flew back to Colorado Springs that evening. I am home now and back to training before I leave for Geneva, New York on the 10th of July. After Geneva I am going to try to defend my State Games title here in Colorado Springs and then have over a month before I race Pacific Grove and Pro Nationals in Portland, Oregon on Sept 13th and 20th respectively.

Thanks for reading and I hope this update finds you all well. Below please find some photos of Alcatraz from June 8th.