

BOULDER 5430

Now I know my lucky number is 4!!! But maybe I am going to have to change it! Five 4th placing's in a row!! I am definitely not complaining though! Every one of them has been a great result for me and last Sunday was no exception.

The week leading up to the race I spent 5 days in Vancouver visiting friends. It was really the only time I had available to see them in the lead up to Hawaii and it was better during a recovery week. I could not be so close and fail to visit Harbinder and Steve's little baby girl Madison, who is only 4 months old! Tony and Rhonda who I met through triathlon while living in Vancouver for a year were also in their final preparations for Ironman Canada so it was great to have dinner with them and catch up on all the latest gossip.

Kate and Madison in Vancouver!



The 'not so good!' part was on leaving Denver for Vancouver I had something to eat at the airport that did not agree with me! The 3-hour flight became the flight from "hell" as I was sitting next to the window and all I really wanted to do was spend the entire flight in the toilet! I felt so sorry for the people sitting next to me!

It was then a good 4 days until I was able to get rid of that horrible feeling in my stomach that just wanted to hang around!

Eventually, by my return to Boulder I was feeling a lot better and I spent Friday getting the bike and myself race ready!

Saturday morning I drove the 15 minutes to the Boulder Reservoir and the race location for a short swim, bike, run.

There was a massive Kids Triathlon on and it was great watching the young ones riding their mountain bikes around the car park. It reminded me a lot of the Weetbix Triathlon Series.



The Boulder Reservoir

Everything was working fine and I was ready to go!

The rest of the day I was able to spend relaxing, watching movies and carbo-loading on some yummy local organic food!!

Race start was 6.30am so it was an early rise at 4.30am, breakfast, a quick chat to coach Andrew Budge on the phone (the time difference meant it was early Sunday night as I was waking for the race!), and at the race venue by 5.15am!

I also had the opportunity to speak to mum and dad on my way, then surprise, surprise, as I was entering transition, my brother also rang from Croatia!

It was a non-wetsuit swim for the Pro's and at 6.25am we were all shivering in waist deep water at the start line. I had not prepared very well for a non wetsuit swim and had no speed suit to wear, so it was the trusty short top and pants outfit that was going to get me through the day!

It was quite exciting with 60 seconds to go looking from left to right and standing along side Joanna Zeiger, Samantha McGlone and Mel Ashton. All such awesome athletes! I knew if anything I was going to learn a lot today!!



The gun went off and so did they!! It was on and the lead pack were gone in an instant! The sun was right in our eyes heading out towards the first buoy but it didn't take me long to find my space and rhythm. After the first turn I realized it was just me and one other female with no sight of anyone else so I stuck behind her all the way into the short and the short run to transition.

The no wetsuit swim meant I had no excuses for a slow transition and I was off! The bike was 2 laps and the first half of each lap was the hardest. There was a false flat coming out, and then rolling hills before a great down hill section and onto the highway back into the reservoir.

The first lap I was feeling quite flat and struggling to get myself into the race. By lap 2 though, I was into it and starting to feel more comfortable and obviously looking forward to the run!

Due to the nature of the course it was difficult to have any idea where I was in the Pro until completing the first lap and people on the sidelines yelling splits and positions.

I was back into T2 in 7th position and after putting on the socks (I did not want to have to deal with blisters for the next few weeks!) I was hitting the gravel trail around the Reservoir!

I had no idea about the run! I knew it was 2 laps around the Reservoir, it was undulating in the first section, it was a gravel travel and it could be darn not! As I set out on the 21km there was still cloud cover and I was wondering how long it was going to last for? The run was totally exposed!

I actually felt really good on the run! I got into my rhythm, concentrated on my breathing (was not sure how the altitude was going to affect me!) and went for it! I had nothing to lose!

Just before the first lap Chris McDonald was on his mountain bike and informed me I had run myself into 5th place! This was great! I checked my time for the first lap and wanted to try and go as close to that same time on the second!

The sun was now out and I could feel the heat intensifying! I was grabbing Gatorade and water and every aid station and ice for under the cap. I broke the second lap down into smaller sections, the first climb, the second climb, the little out and back, the long flat! I was trying to run in the hard tracks on the trails. Anything to make it a little bit easier!

There were now also hundreds of more athletes on the run so it was difficult to tell what was going on. I came to the top of a small hill and thought I saw what was another Pro female down the track. I consciously made the decision I was going to go for it! I had missed out in Racine by 35 seconds, it was not going to happen again! I was near an aid station so took down a power gel, grabbed more water and Gatorade and tried to pick up the pace!! 10 minutes I had run up to the competitor only to realize they were not in the Pro category and on their first lap!

I now challenged myself (don't you just love all these voices in our heads!) to keep this pace for the 2km I had remaining on the run!
I was able to do it, and finished strong in 4.26.06! Only 1 minute off the PB I had done at Racine 3 weeks before!

It was only 1 minute later that I realized I had actually run myself into 4th and somewhere back there I did pass another female! Where, I didn't know but I was ecstatic!!



Mel and I enjoyed a dip in the water before presentations then I “chowed” down on pizza!

Barry and Jodie from 5430 Sports put on a fantastic race and the location was spectacular!

It has been encouraging seeing improvements in the short time I have been away and if anything I have been able to gain confidence from my performances.

The next few months of training are another big challenge and I can't wait to get stuck right into it!

Happy Training
KT ☺