



RACE REPORT

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O.C. DUATHLON - 2013

I usually don't do race reports because I always feel at a loss of words when I read everyone else's reports....they are so witty and funny....but I just had to share my race experience from 2009 to 2013.

PAST - SEPTEMBER 27, 2009 - O.C. TRIATHLON:

I trained most of 2009 along with my friends to do a triathlon in the Fall. We all signed up for the O.C. Triathlon knowing that we needed to train well since we would be biking on the dreaded Santiago Canyon Road! Diane and I have done many, many half marathons and marathons, so I felt I needed to focus more on the swim and bike portions. Race day came, and I felt I was ready for the challenge. The water temperature was 82 degrees and.....yes....we wore wetsuits! I got through the swim ok and finished the bike ride which seemed to take forever. Diane got overheated in the water and chose not to continue, so she followed me on her bike through the last part of the bike course. I knew I was in last place, but I had family and friends waiting for me at the finish line, and I didn't want to disappoint them. A very fat motorcycle cop wanted me off the course and kept telling Diane, "Tell your friend she needs to quit." Diane responded saying, "You don't know my friend!" When I got off the bike, I couldn't stand straight up. Do you know what it's like to hit the wall? Well....me neither because I crashed into the wall!! Running was NOT even an option. It was then that I realized how important nutrition is and especially how important it is to run! I took the run for granted because I had done dozens of running races. I have learned from Cherie that it's all about the RUN! I came around a bend, and there was the TriLaVie water station. That was my first experience with TriLaVie. I was spent, dog tired and I hated my life at that moment, but they cheered and yelled with such enthusiasm that I thought there was a celebrity behind me. They made me feel SO special! So with the support of my friend, Diane, who sang the Beatles song "Imagine" to take my mind off the pain, I knew that if I just put one foot in front of the other that I would eventually finish the race. When I got to the finish line....after 5 hours and 58 minutes, everyone was gone and there actually wasn't a finish line anymore. They had packed it away and left. So my husband and one of the race directors held up some "Caution" tape. I went through that tape and then said, "I have to sit down!!" I didn't even have the strength to smile, but it really felt good when the medic packed me in ice. The weather that day was supposed to be in the high 80s, but it was every bit 95! I went home and swore that I would NEVER do that race again! It was such a thorn in my side!

PRESENT - MAY 19, 2013 - O.C. DUATHLON:

I was talking to Martha on the phone, and she told me that if I wanted to do Barb's race that it would be a good idea to sign up for the O.C. triathlon. All the color left my face, and the next thing I heard was Martha saying she was glad she told me over the phone....that way she didn't have to duck in case I would swing at her with my fist. After getting lake itch in April, I decided to switch from the triathlon to the duathlon. The stars must have been aligned because

everything felt good! I was rested, I took in all my nutrition and I had been running! Oh....and I have a fabulous coach too!! That 1.25 mile at the front end of the duathlon felt terrible! I had visions and flashbacks of my experience with this race in 2009. My confidence began to drop, and I actually had thoughts of bailing out. Remembering what it was like in 2009, I swore that I would never put my body through something like that again. I tried to ignore the negative thoughts and decided to keep going. Once I was warmed up on the bike, I felt GOOD!! Hills are my weakness, and I looked at my watch and thought I was making good time! That brought the confidence back, so I pushed hard on the bike all the while looking for that fat cop from 2009 who wanted me to quit. I was going to tell him what for!! When I got to the run, I was tired, but I was able to run....hallelujah! I never let the thought enter my mind that I had to do six long miles. I just took it one water station at a time. So uplifting to see all the familiar faces cheering for you and calling your name. It made the run SO much easier. Before you know it, I was near the finish line. I tried to sprint in like a Kenyan, but I thought maybe I'd pull my hamstring again, and that wouldn't be a smart thing to do. But I did RUN across the finish line....and there WAS a finish line and people there! My time was 4:08 which might be slow for some, but in comparing apples to apples, I took an hour and a half off my time from 2009.....and I got something way more important.....REDEMPTION!!!! Something that both Diane and I were able to experience today. Without an awesome coach and great friends, I would have never dared to dream so big....and I'm excited to see what the future holds! I learned that just because I am slow, I will still cover the same distance as the pro who came in first place! I also learned that you can do absolutely anything as long as you believe in yourself!