

LA Tri Series #1 Race Report

By Coach Martha

March 6, 2016 – Bonelli Park – San Dimas, CA

Tri Express: 300 yard swim + 8 mile bike + 3.1 mile run

Championship Sprint: 800 yard swim + 8 mile bike + 3.1 mile run (modified for weather)



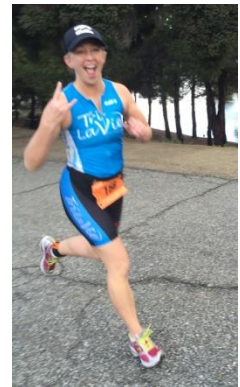
Congratulations to the racers and cheer squad at the first (official) TriLaVie Triathlon Team race in 2016! The day started bleak. Pouring rain – I mean POURING! Cold air. Delays in the race start and changes in the course due to safety and weather. Despite that, all planned racers (except one) showed up, suited up, finished up and **EARNED THEIR MEDALS!** It was the positive attitudes that brought the sunshine just as the race started! In the end, no rain during the race. **WOW!** See.... Show up!



The **CHEER SQUAD of 13** was energetic, vocal and excited while dressed in plastic ponchos and adorned with either pom-poms (thank you, Lynda!) or clappers! Special shout out to Judy who brought hot cocoa and carried it around the whole morning for us!



The most impressive part of the day was the attitude and fortitude of the racers!! 18 team members were courageous enough to register for an early season race with very little training. I hoped that they would enjoy a morning of competition that was less pressure and more fun. This was accomplished to a more-or-lesser degree depending upon the personalities!! No one is happy to race in the rain. It is tolerable. But as a team, we can actually make it enjoyable! The experience of being together to share those emotions and support each other was invaluable.





The **LA Tri Series #1** is just the first of a 3-part race series with follow-up events on April 17th and May 7th. Each race will grow in both popularity and distance – with the exception of the **Tri Express**. It will remain a mini-sprint and ya'll are welcome to do this. Our new TriLaVie members Kathy and Daisy who cheered were a little intimidated watching the swim. Don't worry! We will train in the lake many times before your race and you will be as victorious as the TriLaVie experienced racers. But always remember... It is better to **LOOK GOOD** racing than to **FEEL GOOD** racing! Doing well doesn't usually feel good – at the time! Do you know what feels good? Knowing that you did your best and/or you hit your personal strategy goals. There were several top 10 finishes among our team!

Racing your personal best is in your control. Winning podium is about who shows up. Well... Celine (Dion) Rasborn came with a fire lit and won 1st place 45-59! Catherine Newman did her first traditional triathlon in open water (after completing the LN Reverse in January) and finished **STRONG**. So strong, she won 2nd place for 50-54 age group and left before the awards because she never imagined winning! Always check the times before you go!!! Congratulations!



To me, showing up was **HUGE** on Sunday. Starting was **COURAGEOUS!** Finishing was **DIVINE!!!** Congratulations to all the participants!! Sheros all of you!



Here is your TriLaVie Triathlon roster of esteemed racers and cheering squad!

Becky	Mintz	Sprint Championship (:42 off podium...)
Camille	Lewis	Sprint Championship
Carol	Holliday	Sprint Championship
Cindy	Mason	Sprint Championship
Dena	Clements	Sprint Championship
Kelli	Cavaliero	Sprint Championship
Lisa	Stelly	Sprint Championship
Maria	Korcsmaros	Sprint Championship
Michelle	Stratton	Sprint Championship
Sharon	Thomson	Sprint Championship
Simone	Mueller	Sprint Championship (:42 off podium...)
Stacy	Agobian	Sprint Championship
Hanan	Thornton	Tri Express
Jennifer	Wheeler	Tri Express (new to TLV!)
Celine	Rasborn	Tri Express - 1st Place Podium - 45-49
Catherine	Newman	Tri Express - 2nd Place Podium 50-54
Ricky	Cavaliero	Tri Express - Youth
Michelle	Ojeda	Relay - Run
Nicole	Cassens	Relay - Swim-Bike
Joe	Hoffman	Sprint - Swim Velocity - Beat Dennis....
Gilbert	Madrid	Sprint - Swim Velocity
Dennis	Heider	Sprint - Swim Velocity 3rd Podium 60-64
Martin	Wildgoose	Sprint - Swim Velocity 2nd Podium 60-64
Daisy	Farias	Cheering!
Bill	Kress	Cheering!
Dinara	Shalhoup	Cheering!
Judy	Hwang	Cheering!
Kathy	Kuno	Cheering!
Laura	Roesgen	Cheering!
Laura	Luedloff	Cheering!
Lynda	Randall	Cheering!
Marister	Wei	Cheering!
ReeAnn	Zamora	Cheering!
ReeAnn	Zamora	Cheering!
Sue	Roppa	Cheering!
Saints	Yuan	Event Photographer (!)

