

## 2015 Race Report Series

Author: Heike Cantrup

MRU Triathlon Performance, Heike Cantrup, April 12, 2015

Overall results = 1:45:10. 137/186

### Pre-Race Day

8:00am Brick class with Todd; Full bike, minimal run (1.6 km)

11:00am Three eggs (two eggwhite omelette with tomatoes, cheese) two pieces of toast, home made latte

2:00pm-Start to prep race bag, materials, nutrition plan

3:45pm-30 minute massage focusing on shoulders, arms and lower back.

6:30pm-8 gluten free potato/cheese perogies, crushed tomatoes, garlic, mushroom sauce + 2 home made buns. 1.5 glasses of red wine. Drank LOTS Of water (3.6 litres) due to massage and getting hydrated.

10:30pm-hot bath to flush body, relax

11:15pm-lights out, fairly decent sleep.

Race Day –Cool weather, sunshine, -1C at start of morning

7:15am-Get out of bed, morning routine

8:10am-Bowl of home cooked steel cut oats, blueberries, hit of real maple syrup. Minimal water, NO coffee.

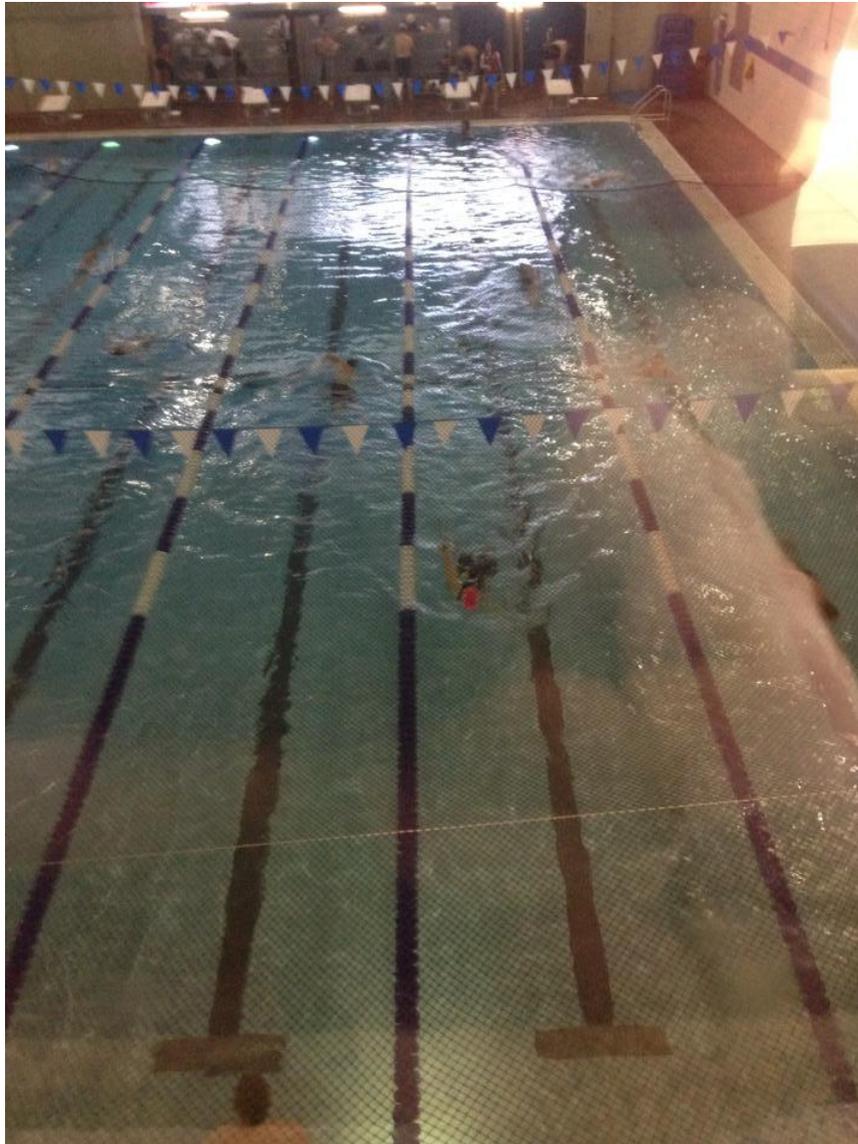
9:00am-Arrive at university.

9:45am-Eat Power Bar Energy Fruit/Nut bar (felt hungry). Here I started to wonder about how the cool temperatures would impact my ride. But then I got to thinking that I am here to do this; and knew that the current conditions would not impact my ability to participate!

10:30am-Checked in bike into transition zone

11:10am-Safety meeting on main level prior to pool deck transition

11:20amish-Pool entry. 85% front crawl, 14 minutes swim time only. During this swim I felt very proud that I was able to accomplish as much front crawl swimming as I ever had! This was such an amazing feeling, even though there were people at my feet trying to pass. When I felt the table turning and had the pace that allowed me to pass others, I knew that this swimming technique can still be nailed, so I should continue to persevere! I felt tired but very proud.



Total transition, 17:16:85

Good swim, felt pressure at one point with four other swimmers in the same lane.

Nutrition = Quickly downed 'Peanut Butter' Hammer Gel before bike mount.

11:37amish-Bike ride. Clips easier to get into, even though I struggled to get the first shoe on. VERY WINDY and cold. Good thing I had gloves, and the cool weather cap. After I got going on the bike, I realized how much better it felt to be wearing these Look clips. What a difference from the SPD clips from last year and I felt so empowered!!! Thanks to Coach Todd for that mental prep around foot wear and how anything is possible ☺

Generally struggled to get to faster pace/speed. Found that moving uphill I was able to pick up speed. Crowchild and North end of Campus was hardest and coolest legs.

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The wind was a major factor in performance and enjoyment overall. My mind started taking me back to some of the summer time runs in Priddis; where I felt pressure from the temperature and road conditions. Yet I told myself that I would not quit and would not allow the wind to stop me dead in my tracks. With the continued positive attitude, I fought my way through the heavy wind; and promised that I would cheer any participants on that were on the bike while I was running. Why? Because a familiar voice saw me and gave me my energy back!!! Thanks #NBD!



Total with transition, 53:05:25

12:30pmish- Run-Took only 1 gulp of Nuun water from waterbottle before run started. Was thirsty; but had to move ahead. Kept  $\frac{3}{4}$  grey tights on (debated wearing long pants). Found that short sleeve top, long sleeved run top with thumb holes, No Limits thick training jacket was almost too much. Was exhausted from tough bike ride, unable to run the usual 10 and 1's. Spent quite a bit of time walking, was afraid of lower back tweaking due to shifting. Only water consumed during run portion.



Had surge of energy to cross the finish line. Kevin and crew cheering me on ☺ IT was at that point that I knew I could celebrate this win and look forward to improvements and ways to tweak this experience and maximize enjoyment for the remaining races of 2015. This year has only started!!!!

Total with transition, 34:48:10.

Note: Did \*not\* feel hungry once complete. It wasn't until 3:30pm that afternoon until I felt hungry. Must look at nutrition plan for the week leading up to the race.