

Elkhart Lake Triathlon
Elkhart Lake, WI
1.5k swim/40k bike/10k run
June 10, 2006

Reported by Lauren Jensen

After a one-year hiatus, the Elkhart Lake Triathlon was back with some changes. It was now an Olympic Distance event (1.5K swim/ 40K cycle/ 10K run) with a hilly, technical bike, and an even hillier run. Still the same was the beautiful venue, the family friendly event, and the great competition. Something about an early season race (for Wisconsin) with prize money brings plenty of fast athletes ready to race.

For me, the event was only six days after racing on the punishing course at the Escape From Alcatraz race in San Francisco. Additionally, I had put in some solid Ironman training between the events. My legs were definitely tired, and I knew that the race would be great toughness training for Ironman Wisconsin.

Friday before the race was extra special spending time with my Grandma and her friend "Uncle Bill". It was an atypical pre-race preparation that included David (my son) swimming in the hotel pool and the four of us going for a carriage ride around the town of Elkhart Lake. (No worries - I still drove the course and ate a good pre-race meal).

Race morning was cool, the way I love it. Thanks to my parents who watched David while we raced, Todd (my husband) was able to compete as well. The gun went off just after 7:30 a.m. with the Elite Men & Women. I tripped 20 feet into the beach start, but recovered fast enough to catch a small pack of men for a great swim draft. I had a strong swim earning me over a minute lead out of the water along with the \$100 swim prime.

After a quick transition to the bike, I was off and riding. On the first climb, I knew that my legs were in trouble. After 9 miles of rolling hills and one great climb, the race turned onto the service road of the Road America racetrack. The 4.5 laps here were a total blast!!! Each lap, I got better at negotiating the course, which was generally climbing, descending or turning. My legs were too tired to get my heart rate up to usual Olympic Distance levels, but I was able to maneuver the course well on my Javelin Torgiano, which is actually a road bike set up in a time trial position. I ended up with the fastest female bike split, earning another \$100 prime.

As soon as the run started, I knew that I left my uphill running legs on my 2-hour trail run I did only 2 days prior, so I just paced myself and stayed tough, especially on the .75 mile up-hill. The fast charging Jennifer Garrison (who is

coached by former Olympian Barb Lindquist) took some time back on the run. Fortunately, I had built up enough of a lead to take the win by a little over two minutes. Todd, who has spent the last 3.5 years chasing a different finish line (he finished his PhD a few weeks ago - YEAH!), finished the event on his weekend warrior training. Now back in the 9-to-5 world, hopefully Todd can get in a groove that allows him more time to enjoy training and racing.

A special thanks to my parents, my Grandma, and Uncle Bill who came to support us. Thanks to my sponsors who allow me to pursue what I love - Team Sport Beans/NTTC, The Bike Shop, Javelin Bikes, New Balance, Computrainer, and Chiropractic Associates. Most importantly, thanks to Todd, my constant supporter. I am excited about my build-up towards Ironman Wisconsin and I could not do it without any of you!!