

**Ironman Canada  
Penticton, BC Canada  
2.4 mile swim/112 mile bike/26.2 mile run  
August 27, 2006**

**Reported by Kathryn Bertine, Team Sport Beans/NTTC**

Quick story about IM Canada:

Swim: Okay. 1:00:51. Probably should have called it a day after that.

Bike: Nutritional shutdown at mile 75. Six+ hour bike. Very hot day, 90+ degrees.

Run: Nutritional shutdown at mile 1. With intermittent lie-down breaks on neighborhood lawns to quell stomach, walked 21 of the 26 miles. Six+ hour marathon. At least my sponsors got a lot of advertising time. My poor boyfriend Steve had to wait all day for me (at a Tim Horton's donut shop)! He's the best Ironsherpa ever.

On my Ironwalk, a lot of nice age groupers patted me on the back and said it was great to see a pro walking rather than dropping out. This really helped to hear. DNFing hurts more than any stomach ailment. So, I made it to the line after 14+ hours of killer digestive issues. Dejected, to say the least. It was my worst IM finish EVER.

I went to the Hawaii roll-down meeting the next day, to see who got the 4 female pro slots. I came in "19th" pro so I knew I was out of the running. Then, the announcer kept calling out pro names...but no one came forward. By the 18th place, there was still a slot left. I started to shake. They called my name!

After 5 years of trying to make it to Hawaii, I qualified at my worst race ever. :) So, for those of you who've ever had a horrible race and contemplated dropping out, DON'T!!! Good things happen to those who walk.

P.S. - One other cool thing: On the run, an age grouper (literally dressed as Superwoman) asked me if I was "the same Kathryn that wrote the book" a few years ago. It was so cool to be recognized as an author, let alone by a super hero.

**Editor's Note:** Kathryn is the author of *All the Sundays Yet to Come* (Little Brown & Co., 2003), a memoir of her days as a figure skater, her sport of choice prior to her days as a triathlete.