

## 2010 Triple IRON Triathlon

Well it's been 8 days since I completed the Virginia Triple IRON Triathlon. I miss it, yes I said that. I really enjoyed this year's race. I'm just now sitting down to type up the race report. It was a long race, so long report, just to give you heads up. Things have been pretty busy since we got back from the race. From TV interviews to newspaper interviews, to getting caught up w/ family and getting back into the daily grind of life. Like work, grrrrr.

This year I really wanted to race in the Triple, so bad that I sent in an old 2008 entry form. The 2010 entry form wasn't up yet. Yeah, I'm a little sick. So I got into the race w/ no problem. Around Feb/March time frame I was starting to get things lined up for the race such as sponsorships, bike, and training plans. And also trying to redeem myself at Umstead 100, where in 08 I had a DNF at mile 62.

And around this same time, I started to go to another church where my sister and brother-in-law started going. So I started to go & noticed this hot blonde, w/ sexy curly hair. I thought she wanted nothing to do w/ me. Plus I was done w/ dating. Well long story short, I asked her out. Desiree said yes, and we had our 1<sup>st</sup> date on March 4<sup>th</sup>. I used the "Safety Officer" card as an excuse to hold her hand. I had to, we were about to cross a street and told her I was a "safety officer" so I had to hold her hand for safety reasons. On May 7<sup>th</sup> w/ her dad's blessing and permission, I was down on one knee in Duke Chapel asking Desiree to marry me. She loves Duke basketball .Yeah, fast I know, but we both strongly felt this is what God had in store for us. Desi is a strong Christian woman, and that really tripped my trigger about her, along w/ many other awesome qualities about her. No, she wasn't a runner when we met. Heck her 1<sup>st</sup> race that she came to cheer me on was the Umstead 100. So, yeah, I shocked her quick w/ that. She did an awesome job helping me during the race. She got to the race as I was starting on mile 26 (10am), and stayed till I crossed the line at 3:30am w/ PR of 21:32:03. Not bad since I really didn't train that well for it, and good to see that Desi enjoyed it. After that race I knew she would open to supporting me in my future ultra races.

### Training.....

Training this year for the Triple would be.....fun and crazy. Especially since Desiree and I set our wedding date for Sept 10<sup>th</sup> which was one month before the Triple. So I knew I would be busy w/ wedding plans to training plans. After I got engaged to Desiree, I sent out an email to ask for help from crew, training partners, and possible sponsorships. Greensboro News & Record got word of what I was doing this summer, and they wanted to do a series of stories on me to cover my training for the race, and my wedding w/ Desiree . It was cool to see Gerald Witt write the stories; he did a good job of taking all the info and putting it into a story. The stories spanned from June to just after the race. Endurance Magazine also did a story on me in August 2010 issue where I was on the cover!! It was cool to see my ugly face on the cover.

Training was one big balancing act w/ wedding plans, and spending time w/ my new in-laws- to- be and my family. I was doing my best to work deals, beg and borrow for stuff needed for the race and trying to keep my cost down, since I did have a wedding soon. I was able to borrow my buddy's triathlon bike,

which Matt Clancey of Compass Elite did an awesome job getting me fitted on the bike. It took a few tries to get the fit just right. While getting the fit just right, Matt would offer some training tips to me to help out. Which was very nice; even let me borrow his ZIPP 808 rims for the race!! Love those rims. I did my swimming at the High Point YWCA again and got to swim w/ my friend Russ from time to time. Never did hit the miles in the pool like I wanted to, but still swam when I could. Most of my training I squeezed in when I wasn't working or planning wedding stuff. Most of my weekends were spent at Grandover Resort. Biking and running up and down Grandover Parkway. Most of the workouts were at least 10hrs, and longer if I could stand the heat or had the time. I remember biking when the heat index was well at 99 degrees or higher. I hated how the heat would just drain me, even would bike 45mins, then rest for 15 minutes so I wouldn't overheat. Then I would run after biking a few hrs. I had a 4 mile loop on the bike I did over and over, and a 2 mile run loop. Desi would join me on some of my runs, either late at night or show up early in the morning to run a few miles w / me. I loved that! Yeah, that would get boring fast. Especially by yourself, but that's how the race was setup. It was boring at times being out there alone, but that's how most of the ultra races are run, alone by yourself. So training like that did help me, help push myself past those walls. I even did one workout that I started at 9pm, just so I could miss the heat. I had my friend Jason even come out at 10pm to ride a few miles w/ me. I think I was done at 8 am the next day. Even after winning a 5k race that the High Point YWCA put on, I swam, and biked and ran after it. Even had Russ join me for most of it! During the training, my shoulders were killing me bad. I guess it was from my lack of proper swimming form. I had **Chris Clodfelter of Alive& Well Bodywork**; dig into my back to help loosen it up. She did a good job of loosening it up, and I kind of enjoyed the pain too! I had her do a nice deep tissue massage a few days before the race to make sure I was loose and ready for the race.

While I was training, I kind of felt like I wasn't where I wanted to be or close to where I was training wise in 08. But I still kept on training when I could, even missed a workout or 2, or had a few cut short due to wedding plans or family stuff. So it was tough to train properly and stay focused when I had equally and often more important stuff going on. Like my wedding, and life. I also was getting myself mentally ready for the race. I would run the swim, bike and run through my mind, thinking of how it would go. Or think of what could go right or wrong. And think how I would overcome what problems that would come my way during the race. As I trained I expressed this to God and prayed about it, letting him know how I was feeling about it. I would pray before each workout, asking God to bless it no matter how short it was or long and to ask that it would help me for the race. I even talked to Desiree about this, and she told me "I believe God blesses the effort of those who make the right priorities" So I kept on training when I could, knowing every little bit would help and it's better than nothing. I even trained right up to my wedding, did easy bike ride the day before and a easy hr run w/ Jaime(hi-me) and his girlfriend. And yes, even while Desiree and I were on our honeymoon in Belize, we worked out. Swam/snorkled twice, and did 3 easy runs on the beach. I was stoked she was ok w/ us doing this. She knew how big and important this race was, so she understood all I was doing. When I was doing my last easy run a few days before the race, I prayed and asked God for His will for the race. I was praying "if I do awesome in the race, sweet; if I do bad and have a DNF, sweet. Either way I will still praise your name and thank you for blessing me w/ this talent". After I prayed that, I heard God in small still voice say

“you will finish the race”. When I heard that, it took a load off my mind. I really wasn’t asking for a certain time or place; I just wanted to know that I would finish it.

### **Race.....**

Desiree and I got to the race site, Lake Anna State Park around 3pm on Thursday. From what Wayne Kurtz said in his blog “The race course is considered one of the most difficult on the IUTA ( International Ultra Triathlon Association) world cup circuit with it’s gradual multiple climbs on the bike and one climb per loop on the run. These are not gut-busting hills but they do take their toll after the endless loops on the legs and especially on the mind.” I didn’t think they, the hills, were that bad. Got to see some old race friends and meet some new ones. After we got our crew tent set up next to Kathy Roche-Wallace and her family, we headed to dinner to eat and get the pre-race briefing. During dinner, I got to speak and joke more w/ Beat Knechtle from Switzerland. In a slight Swiss accent, he told me “the race is 4 disciplines, swimming, biking, running, and eating. Now you must go for 3rds since you doing the Triple tomorrow” I did go back 3 times to get my fill on pasta. At dinner is when we found out there were only 5 doing the Triple. I was surprised to hear that. One guy had an injury from a race the week before, so he didn’t make it. Another had transmission problems and would end up getting in Friday night. So he ended up doing the Double, and Sergio Cordeiro from Brasil had Visa problems and might make it in time. Russ Burns made it in time for dinner and after dinner and race meeting we headed off to a cabin there on the park about 2 miles away to get some sleep before the race. Desiree and I shared a room w/ Russ. We also had a French couple, Guy Rossi and his wife, and Antal Voneki from Hungary taking up the other rooms in the cabin. It was fun trying to talk w/ them. Me talking too fast, and them ...well not good English, as they would say. We got to sleep around 10ish pm.

I was awake around 4:30 am and sleep a little more till Russ said “let’s get up! It’s 5:30 no more rest will do” so he took off and Desi & I hopped in the truck around 5:45 am to drive to the lake. While I was backing up and out of the parking spot in the pitch black, had the thought of “ I wonder if I will miss any ditches here, didn’t see any late last----“ BAM! Back right into a ditch!! Got my back bumper stuck in the dirt and my l/r tire was spinning freely! I tried to wedge a few things under it to get some traction and to get to the lake fast. At this point it’s already 5 till 6 and Russ is gone. I can’t reach him on his cell, so I tried my Buddy Bobby Gill who came in late Thursday night to help crew me. There was no answer, so I’m freaking out here. We are roughly 2 miles from where I need to be. I was thinking I don’t need this right before a big race, didn’t know if I could make it to the lake in time to try to relax and eat before the swim that starts at 7 am. So I’m thinking quickly on what to do. Luckily, Bobby calls me back, saying he saw my tent and not me at the race site. I explained what happened to me and Desiree, and within a few minutes he was there to pick us up.

### **Swim.....**

I got to the lake w/ about 45 minutes to eat, relax one more time and get my wetsuit on before the start. Just before the start of the swim, Desiree and I snuck away from the other racers for a moment of prayer. I prayed that God would bless my race, if I did well, praise His name. If I did badly, praise His name too. Then I got one last kiss from Desiree. The water temperature was about 72F and the air

temperature was about 45F. So there was a lot of fog coming off the water. Just before the start of the swim all five of us Triplers started to yell "Sergio!" hoping he would show up just in time for the race. He never did make it. The race started at 7:06am w/ "GO" from Steve Kirby. I felt fast right away in the swim, and found myself up in the top 3! But after my 2<sup>nd</sup> lap of 18 (2112 ft per lap) I realized why I was so fast, last time I wore a wetsuit was in the 08 Triple IRON. So I tried to back it down to save myself, and not to kill it all on the swim. Sadly, as the swim went on, I got lapped by everyone; except the 4<sup>th</sup> place swimmer, who was pretty close to lapping me near the end.

The water was very smooth and flat. At times I could hear the props of boats in the water and soon felt their wake during the swim. Russ would wade out to me after every 3<sup>rd</sup> lap to give me aid - HEED to drink and Hammer gels. Halfway through I needed a bar to eat. The gels weren't hitting the spot and I was getting some hunger pains. The swim course was marked w/ 4 big orange buoys. So I broke the swim up from buoy to buoy. We swam east out on the swim, and west back. So as I was heading (east) back out for another loop, I lost sight of the 3<sup>rd</sup> orange buoy! The sun was cresting over the trees and w/ the fog on the water made it very hard to see. I was already mad w/ myself, since I was swimming like a drunk. I couldn't keep a straight line, and swam in zigzags at times. Well, as I got closer to the buoy I could see it. So visibility was little tough at times. And of course I'm wondering during the swim if Desiree got the truck unstuck. I even yelled to them on the bank, when I was starting another lap to see if the truck was free.

As the swim dragged on, I somehow got my lap count off. Thinking I had one lap left, but I really had two more. And at that point I wasn't happy. I knew I was dragging butt because I was swimming more than 7 miles due to my zigging and zagging. So that messed w/ me mentally, and even more as I was coming in for the last time to see John out of the boat and knowing I was the last swimmer, and he was done counting laps. My swim time was a 5:18:18, a lot slower from 08 where I did a 4:54:30. But I was glad to be out of the water.

### **Bike....**

It was about 12:20 ish pm when I got out of the water. I got the wetsuit ripped off and did a quick rinse off in the shower and donned my biking gear. While my crew (Bobby Gill, Russ Burns, my wife) was putting on my Injinji toe socks, Eric Wallace (Kathy's husband) shoved french toast w/ bacon & syrup on it in my mouth. It tasted good!! I think it took me 15 mins to get from the swim to the bike. I think I started the bike about 12:45 pm. I did my best to not hammer it to make up for my bad swim. I knew I was only a few minutes behind Nick, so I made that my mini-goal to try to catch him.

The weather was perfect for the weekend of the race. Lows @night where 40's and day the high was around mid 70's. So I started out on the bike, and was kind of taking it easy and trying to catch Nick. I caught him early in the bike. He didn't look to good. I chatted a few w/ him while we biked. He told me, that he borrowed Steve's bike, and did very little training for the race back home in the U.K. He would later drop to the Double IRON bike (224 miles) and run (52.4miles) I was glad he didn't drop out totally from the race. My goal was to get 100 miles knocked out before it got dark. I think I hit that goal. As it got later into the afternoon and into the night, I started to change clothes to deal w/ the cooler temps. I

switched out my cycling bibs to ones w/ better padding. I was hoping to ease the saddle pain w/ the switch. As I biked, I really didn't stop much, expect to switch clothes, and grab a turkey or a PB&J sandwich, or new bottles or gels from my awesome crew. I knew I could save a lot of time by keeping my stops short. Every once in a while I'd get off the bike and eat some stew, and my awesome wife, Desi, would rub my shoulders out, to keep them loosened for the long bike ride. While on the bike I would pass Beat and he would make these crazy, funny faces at me. Or he would make some weird noise, which kept me entertained. While it was light out, I did my best to know where all the bumps, and bad spots where on the road. So at night I would have an idea of where not to bike. I enjoyed having only four other bikers out there. I used the entire road, even cut the curves. I didn't have too many light problems. I used my Fenix t40 light for most of the ride. That flashlight really lights it up. I had a headlamp on for a backup.

While biking at night, I would hear something running in the woods and that would make me bike a little faster. Plus the oak trees were dropping big acorns like crazy the whole weekend. Kind of sounded like gun fire as they hit the pavement. Twice I came upon two deer. At first I thought they were dogs since they were small. I caught them crossing the road. So I looked to make sure no more were in the woods waiting to cross. I had this crazy vision of me hitting a deer at 3 am and ruining the race. At one point during the night I was the only racer out there for one lap. That was cool in a way. It did get pretty cool during the night. I had on arm warmers, gloves, light jacket and leg warmers and skull cap under my helmet. It was cold at times during the bike, yet I was comfy at times during the night. As I completed the laps, I tried hard not to look at the big 37 inch TV screen Steve had up showing the leaders. When I saw I took over 2<sup>nd</sup> Male, I rewarded myself w/ a 30 min nap. I went down at 12:45 am Saturday morning, crawled into the tent w/ bike shoes on. I plopped on the air mattress and covered up w/ a sleeping bag. Thirty minutes later I was up and back on the bike. I knew I could go on less sleep from 08. I think I took two more 10 min cat naps during the rest of the bike.

Around 2 am I ate something that didn't agree w/ my stomach. I took some Tums to help, but it really didn't. I kept on eating, but it was only small amounts of food in hopes my stomach would calm down. I was very surprised that I didn't have more pain from being on the bike/saddle for 23ish hours. I was expecting it to hurt a lot more. My right ankle was little sore. Four weeks prior to the race, I went for a trail run w/ a buddy. Well stupid/gutsy me, I rolled my right ankle bad 2 miles into a 11 mile run! To where I felt and heard something pop! Well I continued on w/ the rest of run. I felt fine until I stopped. Well it was swollen badly when I got home, and hurt bad!! So I could still feel it a little during the bike. I was a little worried that it might hurt me on the run, but I tried to not think about it. Around 10 am the Doublers started to get on the bike, and I kind of disliked that because I had to share the road w/ the other bikers. As Beat was starting his run, he was kind of messing with me. Saying things like "you will catch me!" "you will win! Yeah Joey boy" He kind of had nicknames for me during the race. One was Joey boy, and sugar baby. Why, I don't know. It was funny to hear him say it w/ his Swiss accent. Well after he said I will catch him and win, I started to bike little harder thinking I could. Then it dawned on me that he was messing w/ me. I remember Steve telling me about him in past races. Saying how Beat could race faster if he was pushed. His PR for the Triple IRON is around the 41 hr mark. So I knew I couldn't catch him. At the turn around on the bike, there were timers there. And they would tell you

your last lap split as you biked by. That was cool to hear. When I thought I was biking easy, my time would be around low 18 mins per 5 mile loop. And they let me know how long my last pit stop was. So I tried to keep my laps under 20 mins or avg 16 mph.

As it finally got to the end of the bike, and again I got my lap count off. So that messed w/ me again, but I tried to bike my last lap hard. But when I tried, it felt like I was going to barf! My stomach was still acting up. However, I was very happy w/ my bike time. I completed the 336 mile bike ride in 24hrs 14 min. My goal was under or close to 24hrs. I felt good coming off the bike w/ time and how my body felt. Luckily, the only bike problem I had was trying to clip back in after I stopped. That drove me nuts, plus no flat tires!!

### **Run .....**

I switched out of my bike gear into running shorts. It was very warm Saturday at 1pm. As I started my 1<sup>st</sup> lap, Desiree walked it w/ me. As I started the run, I tried my best to hit the reset button. Aka throw up. I tried many times, but nothing happened. So Desiree went back to go get me a Mountain Dew to help calm my stomach. While Desi was getting the much needed Dew, my back started to hurt badly!!

It was intense!! I felt like hot swords were being placed under my shoulder blades, in-between them and in my lower back. I even had a tingling sensation going down to my elbows to my finger tips. It was crippling at times. When Desi got back to me, I was hurting bad! I knew I needed Sarah (the massage therapist) to loosen my back up ASAP! I didn't know if I could make it back to her, that's how bad it felt. Luckily, I did make it to her table, and plopped down on it. I told her what the problem was and she said it's from being in the aero bars on the bike for a long time and my back is not use to being straight.

So it felt good to lay there and drink the throw-back Mountain Dew to help my stomach. And Sarah knew where and how to loosen my back up. In 20 mins I was 128% better after that. Jaime started to run w/me after I was done w/ the back rub. As Jaime and I started the run, I was starting to feel a little sleepy. Jaime used my shirt as a leash to keep me from walking off the road. Yeah, I was kind of sleep walking, and my speech was little slurry-like. We did two laps like this. So I told Jaime I wanted to take a 30 min nap. I remember Jaime hitting his watch as I went to lie in the tent. Fifteen mins later I was awake and felt fine! So I got up and started to run again. Jaime told me I had another 15mins, but I didn't want to waste them sleeping. Jaime and I took off running. (Back in September 17-19, Jaime did his 1<sup>st</sup> Double IRON Tri at Lake Anna. So he knew much I loathed certain parts of the run course.) He ran about 40 miles w/ me. I was very happy to have him run that many miles w/ me. We ran well into the night; I'm not sure when he went down for sleep.

After he was done, Bobby hopped on a bike to pace me. Bobby was still nursing an injury from his 1<sup>st</sup> 100 miler at Old Dominion 100 where he placed 2<sup>nd</sup> in 19:11:03!! Bobby also helped crew at Badwater twice. That's a 135 mile race non-stop from Death Valley to Mt. Whitney, CA. Bobby knew how to crew crazy athletes in long races. During the night he tried to sing songs. Best one was when he broke out some "Ice Ice Baby" and yes we sang the whole song. Oh the things you do to help pass the time. Some time during the night, I was having some.....chaffing problems. Yeah, that wasn't fun. So to help ease it, I took off my running shorts. And just wore my under armor briefs. Felt the need to air things out to

ease the chaffing. So I ran wearing my briefs, and shirt. I ran like this till about 9 am. No one seemed to notice I was kind of in my underwear. It didn't get too cold at night during the run.

After being serenaded by Bobby, Desi came out to run/walk some miles w/ me. Think she did 10 miles w/ me. It was nice to have her there w/ me. I was able to look at stars w/ her and they were so bright! During the run I ran and walked w/ Beat. It was fun to talk w/ him. I learned a lot from him. He gave me tips on how to race faster and better. He told me how to use the bathroom on the bike and run. He said that all the bathroom stops that you take during a Triple added up to a 1 hour. I wish I knew this before the start of the race!!!! He gave me shoe tips, on how and when to change them, and much more from on how to race smart. I remember when he changed his shoes, he told me these were his fast shoes, and then later he had on his intermediate shoes. He had a weird, yet funny sense of humor. During the night Kathy and Eric were walking together, and Desi and I caught up with them. We joked how this was a couple's only race. The four of us walked and joked for a while. I showed Kathy she should hang off of Eric, and showed her how I was hanging off of Desi.

I was very happy to see the sunrise on Sunday. I was lucky to have someone w/ me most of the run till I was about 5 miles from being done. As Beat was finishing, along w/ other Doublers, I got choked up w/ emotion seeing them walk to the finish line w/ their nation's flags and National Anthems playing. When I had 10 miles to go, I hit a wall. Physically and emotionally, after not seeing Desiree for a few hrs I was missing her. So when I saw her that morning, I was happy and spent. A few laps earlier Jaime or Bobby pushed me hard on downhill. So hard that my quads where trashed badly. So bad that it took me about 2-3 miles of walking to just get them back to the kind-of- trashed feeling. As the laps slowly ticked off at about a killer pace of 4.5 mph or 15ish minutes per mile, I'd pass Kathy and we would stop to talk and bend over w/ our hands on our knees. And then see who could squat down the farthest. It was kind of cool to do this w/ out saying a word at times. We where both hurting bad, I remember at times seeing her crew soaking her feet in ice cold water to help numb the pain. As Kathy was finishing up her last lap, she told me there is a cold one waiting for me, and she couldn't wait to see me done. That's what I love about this race, we were competing and yet we were cheering each other on. That's what is so unique to this race, as we try to catch the guy in front, we cheer each other on. You don't see that in a normal race, then again this is not a normal race.

There were a few laps toward the end, where I was alone w/ my thoughts and pushing myself. When there were three laps left, I had my buddy Russ run one lap w/ me. He was pulling double crew duty. He crewed me and helped crew Ryan Ravinski from FL. Ryan was doing the Double. Bobby did the next to last w/ me. He looked funny on my bike, small guy on a big bike. Then on the last lap I had my wife Desiree w/me. It was sweet to have her w/ me. As I started the last one, she told me if I could do the lap in 20 mins I would have a sub 54 hour time. I wanted it, but was happy w/ a 54ish hour time. As we made the last downhill run, I came in to get the American Flag and as my timing chip was removed I got a sub 54 hr time. I crossed the timing line in 53 hours 57 minutes!! I was surprised that I got that time! This was a PR by well over 2 hours from my 1<sup>st</sup> Triple IRON time of 56 hours 2 minutes. Desiree and I walked toward the finish w/ the Star-Spangled Banner playing and American flag in hand. Right before I crossed the line, Desi and I stopped to kiss and give God praise for an awesome race. Then we walked across the line, thus completing my 2<sup>nd</sup> Triple IRON Triathlon.

## **Food....**

If your wondering what I ate during the race, well here is a list of the food I consumed: turkey and PB and strawberry jelly sandwiches. Bananas, oranges (love oranges!), brunswick stew, chicken noodle soup, oatmeal, Redbull, Starbucks double shot espresso, and one hand full of chocolate cover espresso coffee beans. (Someone ate the rest of them) and I downed strawberry/melon blend of Hammer HEED, water and lots of Hammer Gels and bars. Kathy's Crew, her husband Eric and her brother David and her son Nick did a good job feeding me and my crew. A few times Eric would say eat this or hand me food as I passed the tent. I took two of each of Hammers endurance amino & anti-fatigue pills almost every hr for the race. I strongly feel they helped me a lot. I did try them during training, and they seemed to work well for me. There where times I brushed my teeth to make sure I didn't get sick of eating the same food over and over. After a while I have noticed I get tired of eating foods and don't really crave a certain food. So I brushed my teeth to make sure that didn't happen. It seemed to work for me. It seemed to work for me. and every time I stopped, I got a sweet kiss from Desi!! I think her kisses help alot!! and a few hugs to!!!

## **Thanks.....**

It felt awesome completing the race in such a fast time and to be 2<sup>nd</sup> Male over all!! I couldn't have done it w/ out my awesome crew, Desiree Sauerbrey, Russell Burns, Bobby Gill, Jaime Azuaje. I know they got little sleep and braved the cold and literally fed me, rubbed my stinking feet, dressed me, made food for me, and cheered me on. EVEN ate ALL OF MY CHOCOLATE COVERED ESPRESSO COFFEE BEANS!! So guys I thank you so much for all your help. I couldn't have done it w/out you. It was good to have Bobby, Russ and Jaime there at the race, so Desiree could learn what kind of stuff I need for long races. Since they have done ultra long races, and know what it takes to do a race. So thank you guys for helping her!

Also I have to thank my sponsors who helped cover the cost or gave me nice discounts for the race. They are, OffnRunning, Mangum Track Club, Hammer Nutrition, Matt Clancy of Compass Elite, Ricky & Sharon Scott, Irene Russell, Garrett & Christie Strupe, and Chris Clodfelter. Thank you guys so much for believing in me enough to help me!!! Thank you so very much for all the help!! Thank you all who kept tabs on me on the web and phone calls during the race. Loved hearing that people from Maine (Kale) to my dad Mark , to even my new-n-laws cheering me on. Thank you so much!!

Above all, I have to give God praise for an awesome race! As I prayed before the race, I'd praise God no matter how the race went. I'm very thankful He blessed all the racers and crew w/ beautiful weather during the race. I'm very thankful God has blessed me w/ this talent to do these kinds of races. I don't want it to go to waste, but I don't want it to become my god. So I give all the thanks to God for providing me w/ all the awesome help!

Will I do it again? Maybe, got to make sure Desiree is ok w/ spending another weekend out in the cold. Plus I'm now married, so I've got to do stuff Desiree wants to do. Well, off to train again for another race. So maybe you should go test your limits, to see what you're made of. Isaiah 40:31

Joe Sauerbrey