

Mount Pleasant mom Siobhan Andrews Maize, 43, completes "double ironman" triathlon in 29 hours

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A 43-year-old Mount Pleasant mother and ultra endurance athlete is recovering after finishing what she described as "the hardest thing I've ever done."

On Saturday, Siobhan Andrews Maize finished the Virginia Double Anvil Triathlon, which features a 4.8-mile swim, a 224-mile bike and a 52.4-mile run, in 29 hours and seven minutes. She finished fifth overall and first among the three female finishers.

"I'm so glad it's over," said Maize, noting that it rained during 90 percent of the event and that "20-30 percent of that was a hard, cold rain. "Yuck, but you just had to smile because there was nothing else to do about it."

Siobhan Andrews Maize crosses the finish line of the Virginia Double Anvil Triathlon, which feature a 4.8-mile swim, 224-mile bike ride and 52.4-mile run.

Maize says her lowest point

during the event was at night when the rain began pouring.

"I was freezing cold and I underestimated how dark it was going to be in the middle of a state park (Lake Anna State Park)," said Maize. "My light didn't do the trick and I couldn't see a thing. That freaked me out. But after changing and using a headlamp for a light I adjusted and all was well at night after that."

While the hard rain at night challenged her mentally, the hardest physical part came on the run.

"That surprised me because the run is a strength for me," says Maize, who noted she had to walk a lot. "The best part of the race was when (husband) John (Maize) and (our) girls were there to run across the finish line with me and to see me win first overall female," Maize said.



Her bike ride didn't end until 1 a.m. Saturday morning.



The Double Anvil is the latest endurance feat for Maize, who sometimes works as a psychology instructor at College of Charleston and currently is organizing a new chapter of Girls on the Run in the Charleston area.

She's run the Boston Marathon three times (2002, '07 and '12), finished the Swim Around Key West in 2012, completed two Ironman events, including Coeur D'Alene (which she finished after breaking her collar bone during a wreck on the bike) in 2009 and Florida in 2011. This year, she won the Wambaw Swamp Stomp 50-miler for women and was first masters in the Homestead 10x5K.

In recent years, she's earned the local nickname of "Wonder Mom" and sometimes competes in a Wonder Woman swimsuit.