

Shanda Hill Quintuple ANVIL Race Report

So here begins my race report, First I share with you a photo of most (ones who didn't have to leave earlier) of the inspirational Quintuple Anvil Athletes I had the privilege of competing this race with last week, In the very front row is [Steve Alan Kirby](#) [Teri Smith](#) Race organizers, but also so much more, Family, people at the very core who care so much it brings me to tears, Teri, who was so amazing that she had the intuition to see things I was battling with on course even before I did and reach into my soul and help me, simply because she cares. Each one of the souls in this photo made every single step of the way better, encouraging, sharing stories or even offering a hug or humor to the long hours out there on course and I cannot thank them enough!!



1Okay, as I'm not a genius at race reports, I'll do my best. Monday morning started out 7am with the 19km swim, 30 out and back loops done in Lake Anna, it took me 9:36:00. Dad was on the beach with his little cook stove and in between laps he made me pots of Quinoa cooked in salty veggie broth to keep me warm, cashew clusters and warm Soy chocolate milk. On the last of the 30 loops I was feeling quite cold, and swam the last lap a little harder just to try to get my heart rate up higher and circulate my blood better. It worked and my transition time going from swim into the bike was 26:06 including a good warm up in the vehicle.

At around 5pm Monday, I got onto the bike course, which features slightly rolling hills on a 8.91km loop for 101 rounds. I waited till I was super tired and spent 1 hour sleeping, then got up and kept back at it, Dad was now cooking up a variety of Quinoa, salty broth, soaked cashews and almonds; and had a table full of my favorite Rancho products for me to grab and snack on. I would stop in between loops and grab a few big mouthfuls and take a bunch of peanut chews in my pack to eat along the way with some more water or juice mixes he was making. I missed the carrot juice I press every morning, but other than that, nutrition was right on point,

Dad would sneak naps when I was feeling wide awake and sometimes our neighboring crew member Steven would cover for him. The total bike time was 56:45:28 and coming off it I had a total of 4 hours sleep, and because of trying to force my body to sleep much before it was ready, I added another 2 hours of laying in the tent trying to sleep (painful on the mind because all you think of is everyone else out there having fun, lol)

Close to 2 a.m. Thurs, I was off my bike and onto the run; which took me 47:33:21 being 210km and done in 75 laps each 2.8km. With the 6 hours spent sleeping over the next two days INCLUDED in my time I averaged 37 minutes a lap. At this point chewing became more of a chore and Dad had to encourage me to eat more often; as after that long of having to eat every half hour was getting boring, switching up my Quinoa to cooked Oats, canned peaches and soymilk soaked cereal as well as hot broth, soaked nuts and some soup made things much easier.

Highlights were Ranchos English Toffee Caramels which provided a little happiness between laps. The hardest part of my run was about 4 a.m. in the morning when the temperature had dipped to under ten degrees C' and I felt a small tearing feeling deep in my quad muscle. Two things crossed my mind; I could either walk the loops and take forever, or I could dig deep and get moving.

The digging deep part was super painful but reminded me so much of 11 years earlier when I delivered my son (the most painful experience ever) and I figured if that didn't kill me neither would this. With deep consistent breathing I just pushed through and kept going. It was hard running and remained tough being so irritated till the finish of my race.

I remember the amazing volunteers at the aid stations, so warm and encouraging , who I promised that on my last run lap I'd give them everything I could (I ended up running my last lap in 16:07 min).

The wonderful massage guy who came and worked on my neck after it was so fatigued from holding it up on the bike, [Jade Kent-Medders](#) who was not only the best Medic/Mother/Crew/knee and leg taper /support to all the racers including me; but the Athletes themselves.., Paulie, who's Double Anvil didn't start till Friday, helped Dad and brought me a warm fuzzy blanket, [@Michael Steven Ward](#) who provided me with endless run laps of wit and laughs to the point where I would roll into an Aid station laughing so much I could barely talk. [Zach Franklin](#) The kid who never gave up and dug deep when I was running laps just a little too close for comfort behind him, I admire you. I could go on and on about every single thing about each of these Athletes.

Organizers and support teams and each person who made this race so unbelievable and a experience of a lifetime, You all inspire me and I remain Humbly grateful, Lenny for posting all the updates from home, My Mother, Son and Brothers who supported so much from home.

My Father who is my Hero and never gave up on me, my friends and even many that I don't even know who sent public and private messages of support via, text, phone calls, media, e-mail and posting. [Rancho Vignola Sun Country Cycle](#) [@Prohandsmassage](#) for the love support and making this race the experience of a lifetime that it was... Sat morning about 4ish a.m...15 hours ahead of our allotted 132 hour cut off I was finished.

For those of you that like numbers, I figure that these may interest you. Someone asked me how many Calories I had to ingest over the race to keep going. My best guess was this: Avg Calories burned on swim were 4,811, bike 37,506.00, and run 19,223 leaving me with a total of 61,540 cal in 117 hours. Or to make this fun, the equivalent of 161 pieces of NYC Cheese cake @ 380 Cal a piece. I end this race report, Humbled, Grateful and so Amazed at being able to be a part of such a mind blowing event. Thank you all...Please don't feel bad to correct me if I have forgotten anything...Cheers.