

Race report single anvil (140.6) Lake Anna Oct 14 2016

Normally I would not write an account for a "short" 140.6 fun race, but this one proved to be one for the books...almost a mirror image of my life happenings within the last year...

I was originally penciled in to do the continuous Quint but life and a car incident got me sidelined with hip injury and compounded my existing shoulder injury. But we don't stop, pain is irrelevant when you do something you love. So no 703 but yes to the baby race of 140.6. Massive thanks to Dr Terry at Attleboro Chiropractic for putting me back together ...and continues to weekly.

[Lauren Toxavidis](#) and I set off on Wednesday towards VA. (Lauren is a junior volunteer and part of the staff for our USA Ultra Tri ... it's a family thing...)

We had a fun 11 hour ride and if I hear the song Ophelia one more time I think I'll jump 😄

Upon arrival to Lake Anna, Lauren was dropped off at the cabin with [Steve Alan Kirby](#) Cindy Tina Melanie and Teri. (I don't understand how Steve managed to get all the ladies to himself, must be an RD thing)

After dropping Lauren off I headed up to the AnVillage where the Quintuple athletes were going at it hoping for 703 miles!!!

There I met up with [Frank the Tank](#) 🍷 and [Don](#). While chatting and whatnot [Jerome J Libeck III](#) who was racing the Quint showed up and had a flat tire..... I run in my car, got my spare set of wheels, and we had Jerry out on the course while we would fix his flat... Needless to say it was the three stooges trying to fix a flat and yes we were sober ...then Jerry showed up complaining my wheel didn't feel right, ..I found out later from Don the problem was with Jerry not the wheel ...Jerry apparent hadn't mastered the art off shifting gears and did a lot of his Quint ride just pedaling [#justdaestuff](#) big time!!!! Jerry continued and persevered and delivered an amazing race 🇺🇸

Thursday was spent hanging out helping around the race site and finally checking in for my race.

Friday a.m. came too fast and to be honest I had a bad cold, sore throat, and felt miserable. I really didn't want to get up at 6 a.m. and head to the start...but for whatever reason I got up, jumped on my bike and went down to the lake...the air temp was COLD..

Once there I was informed that I would start at 8 and not 7 ... crap! I could have slept more (cough cough)

Had some lovely 😊 breakfast that the monkey 🐒 squad had prepared for us and a couple cups of coffee to warm up a bit. You'd think with all the extreme triathlon experience cold does not affect me... oh just wait and see lol. Then [Melanie J. Rodriguez Penley](#) drove me to get my cold medicine before the start of the race which helped.

Headed to the men's changing area and there was Jay and [Adolphus Hoch IV](#) getting ready for the final day of their one a day Quint ..I was very excited to see the guys and especially meet Dolph in person for the first time. It's not every day you stand side by side to an American hero!!!! (thank you for your service sir)

And then it's time

Swim

I take an Amped fuel gel and we are in the water and it's race time. I felt great the whole time. Didn't stop to refuel (it was only 2.4 mile swim after all) I swam 3.1 miles (lots of zig zag) at 1:44. Not bad for not having done anything since August.

Easy transition and super RD#2 [Teri Smith](#) grabbed my gear and took to the AnVillage for me . Thank you [Debbie Sidol](#) and John for letting me squat at your tent and keep my nutrition etc. for the race.

Bike

While changing for the bike [Paul Bedard](#) was changing for his Double race and we were chatting at which point he mentioned I should be wearing more clothes.. I said thanks but I'm ok. Thinking ok Paul you forget I race extreme triathlons this is tropical for me.....well should have listened to Paul; I paid the price about 10 hours later...

First 25 miles on the bike were a dream, the new course is amazing and fun! My plan was to stop every 25 miles for 1 minute grab nutrition and go ...at the first stop I felt the quads burning like mofos! I immediately knew I had to revise my nutrition. I took 2 leg cramps tablets at mile 25 and 2 more at mile 80 and then I would take one Amped fuel gel every turn at the bike turnaround (every 17-20 mins) and would drink 8 Oz of Amped replenish (I had no water on the bike) I felt great ...I hadn't felt so good on the bike in a loooooonnggg time . I think mostly because I was just having fun [#jastdaestuff](#).

At one point though, the pain from the shoulder was too much and took a 5/10 minute break and Travis worked on it and was good for the remaining 3 hours of the bike ride ...

The thing that amazed me the most was at the end, Dolph was catching up to me and almost lapped me ..freaking beast ! He'd been racing for 5 days and yet he was laying down some seriously fast laps !! Very freaking inspiring!!! The Zen calmness I observed of [Kathy Roche-Wallace](#) on the bike was a nice reminder of what it's all about ...Kathy maybe you were just tired 😊 but it's amazing how people can motivate others without saying a word.

Bike done at 7:20 and per Garmin I did 118 miles. I argued that I had done an extra lap.... but probably hadn't my gps was off maybe. I got a little chippy about it ... and then thought... wtf man... what's wrong with you go do another lap.... it's a privilege to be here a month ago you had a cane and couldn't walk ,you love this and you're lucky to be here doing what you love so off I went and finished the set.

Run

My crew chief and daughter Lauren was waiting for me with my ThorXtri shirt she had picked for me along with the rest of my stuff. Got changed and off I went on the run. Legs felt great, I felt like a million \$\$'s.

Getting off the bike and feeling so fresh I had never experienced. I started running slow and I WAS LOVING IT. Felt so good ~ so fun ~ so peaceful. Along the way all the athletes were battling from the

Quint Triple and Double. Really inspirational! Then I thought to myself ... I feel so good I better stop thinking how good I feel so I don't jinx me

Mile 6 rolls around and Lauren is yelling at me to get dressed and put layers on ...I'm running, I'm sweating, and I'm tough. I don't need layers ... be quiet kids, I'm good ... and then....

As I approach the run turn around I feel my arms tingling and I feel chills running down my spine ... at this point I knew I was in for big trouble....I immediately approached Caroline at the timing tent and asked if I can get in her car to warm up ... she came over and checked on me and brought me a blanket . I started shivering uncontrollably, flailing like a fish, my mouth chattering and my head been thrown left and right. I had never experienced anything like it. I knew I was in big trouble... I reached for my phone and thumb ID unlocked it and pressed on my favorites and called my crew chief Lauren. I don't recall what I said...

Next thing I know Cindy and Mel and Tina and Lauren were down as well as Dr George. They put 500 layers on me, had the heat in the car full blast, and after sometime I warmed up and stopped shivering. Lauren puts a hat and scarf on me, and 10 hand warmers in my jacket pocket and says now go out there.I'm thinking to myself... no I'm done. This is stupid. I'm not going to risk my health. But there's no arguing. I am not a quitter ~ for those that know me; and I was not about to let Lauren down.

So off I went in a slog, knowing all along I wouldn't run, and it would take forever....

Along the way I saw Laura doing the Triple and started power walking with her. We also found Zach doing the Quintuple and for a while this made the time go by pleasantly fast for me.

Run took about 9:30 or 9:50 Yikes! Crossed the line at 4 a.m. and Steve and Teri were there waiting for me. I was handed the Greek flag and the National Anthem played as I somehow ran the "victory" lap around the AnVillage.

So 5th 140.6 of the year was a finish and looking back it was a success too! I can't thank all my friends enough for the love and support to my two girls and myself.

Best part, Lauren declared she's doing a relay race with me ...that was really the cherry on top and music to my ears 😊:)

Over and out till the next one.



