

## Big Kahuna long course triathlon

**Result:** overall time 4:47 won my age group by half hour and placed 6<sup>th</sup> female overall.

Sunday 9<sup>th</sup> September is 5 weeks out from Hawaii, perfect timing to do a half ironman race. I had heard of the Big Kahuna triathlon, even the name of the event suggested HOT weather! Well, Santa Cruz, just south of San Francisco and being Northern California, it was a little on the chilly side!



*Race morning Rugged up with a beanie!*

Well the Hawaiian hot and humid weather wasn't there but there was definitely a Hawaiian influence at the race, race directors were wearing bright coloured Hawaiian shirts, copious amounts of tropical fruits at the finish line and a Hawaiian band playing, yes Hawaiian music!

The swim was the coldest swim I have ever done in a triathlon a chilly 13C (57F). Pre race I was in and out of the water like a yo yo trying to get my body use to the freezing water. I was contemplating not even going in once my toes had reached the waters edge but I knew if I didn't go in my body probably would have gone into shock upon entering the water at the gun! The gun went off and I just swam as fast as I could for 1.9k and exited the water in 34:30 which is a fairly good swim time for me!

We literally swam around the pier and the inhabitants of the pier, the Santa Cruz Sea Lions – oh so cute!



*How cute are these Sea Lions!*

It was then at least a 1.5k run to the transition and running with frozen stumps wasn't fun! When I got to my bike I was shivering uncontrollably so took the time to put on arm warmers and a vest, I was taking no chances with Hawaii just around the corner.

The bike was an out and back along the scenic coastline of Santa Cruz with plenty of rollers but with little wind, I clocked a very respectable 2:32. I felt very strong! The run was equally scenic along the coastline. We finished with 600m running on the beach to the finish line. I ran a solid 1:33!



Post race, its time to relax and be social and one of the things we did was to borrow the bedspread from the hotel and hit the beach to watch the sunset.



*Post race: me and my girlfriend Lori from California rugged up on Santa Cruz beach drinking a cup of red!*

Next stop Hawaii. All the hard work is almost done! With 3 and half weeks to go I am feeling strong and confident!

*Happy training and be safe  
Teresa*