

Training and Racing in Boulder, Colorado – a training haven!

Incredible Mountain views, roads as “smooth as baby’s bottoms” and cycle lanes everywhere. This is how I would describe cycling in Boulder, Colorado, awesome!

Traffic, yes there is some traffic and what traffic there is, the drivers are courteous to cyclists, something we find very rare around the world. The nice thing is you don’t have to get up at 5am every morning to avoid the traffic. You roll out at 8am or 10am and even 12 Noon and experience little traffic and absolutely no abuse. Naturally the late starts only apply to those either not working or who have jobs with extremely flexible hours! Me, well I have a very flexible job here in Boulder!

Oh and some of the perks of training in Boulder is being able to ‘perve’ on all the top athletes, to name one, Chris McCormack a few lanes up from me in the Masters swim squad.

However, there is the altitude which makes the swimming, riding and running a little harder especially when racing and that I discovered very recently when I raced in the Boulder 5430 Half Ironman on Sunday 12th August.

They say it takes 6-8 weeks to build up a supply of red blood cells but to actually become fully acclimatized to the altitude can take 6 months to one year.

My race, well it was a fair one considering my hard training block leading into the race and with no taper to speak of. My coach had me riding 4 hours and running twice the day before the race. But the big picture is Hawaii!

I have done zillions of half ironmans in my time but at altitude, it’s simply tough! “5430” means five thousand four hundred and thirty feet above sea level. I and numerous Aussies were out there pounding the gravel with temperatures in the 90’s.

The race was extremely well organized. For the 1.9 mile swim they had approximately 10 LARGE buoys to line the course. Unlike the pin heads we so often have to spot at most Aussie races!

At the start of the race they released a basket of doves which flew into the sky laden with huge colourful air balloons. A very picturesque and tranquil start to a race!

I won my age group by 7 minutes and clocked a 4:51 overall time.

My best leg, the run was the worse time in a while 1:39, imagine if I had ran like I normally do, my overall time would have been pretty respectable! It just wasn’t the day for a fast half ironman run!

My girlfriend Angela Coronica from Sydney came over for 2 weeks. She kept me busy



with shopping, dining out and drinking red wine! She also got to experience racing at altitude. Go Ange!



Next, I am off to Santa Cruz, Northern California this upcoming weekend to race the Big Kahuna, a half ironman and it will be at sea level. Me and my Boulder training buddies are soooooo looking forward to racing at sea level!

Stay tuned for my Big Kahuna race report.

Train safe and be happy ☺

Yours in triathlon

Teresa