

## Sarah's Blog May 2012

Hi All,

I am finally nailing my colours to the mast and I will enter the sea pool Wednesday 23<sup>rd</sup> May at 1830hrs (high tide is at 2000hrs), for anyone who wishes to meet me there at this time, please feel free. The idea of me organising such a gathering is more for that of companionship rather than a training session. I will probably start off with just 5-6 lengths (the tide will be pushing anyway) and build up from there. Last season I would frequently train in the evening, usually driving down full suited and leaving the same to avoid cold stripping downs at pool side. If you decide not to do that, and want to undress, remember to bring warm clothing to change into and a waterproof bag to hold all your gear whilst you're swimming as there is nothing worse than there being a rain shower on your clothes and towel.

The triathlon season really kicks off next weekend with Marazion middle/standard, Jim has entered the standard and there are still places left for anyone who feels brave enough to enter the sea.

The season seems to be a bit slow to get started due to the weather, a scaled down version of the Cornwall Tor went ahead in spite of the appalling weather, I opted out of the event feeling that my bike handling skills are dubious enough this time of year, let alone throwing in a bit of wind and rain into the equation, and Jim just didn't fancy being wet and cold for hours. That same day Freakevents had to scale-down their first Tamar Lake Triathlon due to unseasonably cold temperatures and only put on a 10k and 5k run.

In spite of all this, training still continues in Miller camp; both of us can now say our run techniques have changed to a 'barefoot' run style and I am thrilled to hear so many of you are considering, if not already making the conversion – believe it, it's here to stay.

I have decided to postpone my Padstowe to Rock swim on July 1st and enter the Shoreline Triathlon again, I have heard there are quite a few ladies hoping to participate this year and I wanted to be there to support you all. I have asked Mark Ward if he would take a group of us out to swim the course, as he so very kindly did for me last year – much to his amusement!! He will follow a group of us around upon a rescue board, stepping in to rescue us should you get into any difficulty, due to the tides we have decided upon the 9<sup>th</sup> June for this date, so please let him know if you want to do this, I found it invaluable to my confidence levels in open water swimming. I will also be starting some 'brick' training sessions (bike to run) on a Wednesday morning at 0930 from the 13<sup>th</sup> June, so again please let me know your interest.

For a bit of fun Jim is thinking of setting a 'King 'o' the Hill' challenge, from set points somewhere on Millook hill, you will be able to time yourself cycling between these points and post them on the website, it's just for a bit of fun and challenge to all you athletes out there! Bit like on Top Gear - we could post the results on the facebook page?!

Take care all

Sarah Mx