



Hi gang - here's an informal update on how my training and racing season has been going since my last website posting in May after the Half Ironman in St. Croix.

First of all, I have to mention that I finally moved into my new place at the end of May! It's been a bumpy road, but the benefits of finally being settled and building a home outweigh the frustrations of dust, deficiencies and construction workers (except for the electricians ☺).

My preparation for Ironman Florida on November 3<sup>rd</sup> continues and included racing locally at the Muskoka Long-Course Triathlon on June 17<sup>th</sup> and the Peterborough Half Ironman on July 8<sup>th</sup> as well as our annual training camp in Lake Placid - luckily, without snow this year.

While I found the new course in Muskoka challenging, and not particularly enjoyable from a personal (not so much physical) perspective, I won my age-group and took the AG provincial champion title at the same time! It was a lot of fun to race along side of many of my training partners, most of whom I hadn't raced with recently.

Peterborough was a better all-around race experience for me, highlighted by my brother Gord and Mom being able to come to watch the race. Additional "family" cheering came from Dave's Mom, Dad and sister Heather (really, is it possible to laugh more than when the Ahrens family are 'in the house'??) and Claudia's kids, hubby and her recently arrived sister and brother-in-law from Brazil. Again I won my AG, but wasn't able to break the 3 year streak of placing 2<sup>nd</sup> on the bike...argh, although there isn't anything wrong with being consistent.

Photos from both events are on my website [www.linneahumphrey.com](http://www.linneahumphrey.com) - on the results tab

Training has been amazing. Claudia continues to provide the best support possible by absolutely killing me twice a week at Body Pump! Actually, it only hurts for the day after, and then it's all good ☺ Fiona of NRG Personal Training has provided me with a great schedule which has been flexible enough to include all my crazy requests, including and open water swim race with Ellen and my cheerleading duties at IMUSA, the Toronto Island Triathlon, IMCanada and IMHawaii!!! Being part of Team Goody StayPut has also been a great experience, the hair produces are great and the race kit is wonderful...thank goodness their colours are yellow and blue, matches my tattoo on my AHHHH....

What I have found to be particularly inspiring is how my friends and training partners are using sport as a way to support the community through fundraising efforts. So to save you from having to endure an "Oprah" moment from me, I'll just highlight that following folks are, have been, or will in the near future, be involved in fundraising for the following charities.

Rich Pady - Paediatric Oncology Group of Ontario (POGO) - Ironman USA  
Nigel Gray - Brain Tumour Foundation - Walk/Run Sunnybrook Park  
Rhys Spencer - The Leukemia & Lymphoma Society - Ironman Canada  
Imelda Wong - The BC Cancer Foundation's Tour of Courage - 90K bike ride  
Ida Rayson-Mendicio - Joe's Team - her first sprint triathlon  
Maureen Brook - MS Walk  
Peter Oyler - Kids Help Phone - Race Across America  
Dave Ahrens - Ride to Conquer Cancer - 200K ride, June 2008  
John Murray - Tour for Kids - 800K ride  
Scott Simpson - Dignitas International - 24hr spin  
Claudia Bolognesi - Ride to Conquer Cancer - 200K ride, June 2008  
Adam Dunn - Ride to Conquer Cancer - 200K ride, June 2008  
Ellen Maitland - Simcoe Country Association for the Physically Disabled - 5K open water swim  
Carla Cesaroni - TriForAfrica - 3kswim, 15K canoe, 140K cycle  
Paul Clarke - Ride for Diabetes Research - stationary bike race  
Tammy Lyle-Gravlev and Colin Gravlev - Sunnybrook Foundation - Peterborough Triathlon 2008

For many of these folks these activities have a strong personal connection and I want to acknowledge that, and comment on how adversity does bring out the strongest side in us, and how great it is that sport provides an opportunity to use that strength.

I also wanted to tell you about the health issues of one of my friends as this condition is not widely know of, and could potentially affect any triathlete. Not to minimize the seriousness of this issue, I'll try to give a high level account. During a half IM my friend experienced significant breathing problems during the swim, described as kind of like an asthma attack. Managing to finish the swim, the experience on the bike was one of gasping for air. The problem worsened at the start of the run and pulled out immediately. The same situation happened at IMUSA during the swim, but included coughing up fluid while in the water. The description of coming out of swim was of being "very cold and shaky, grey in colour, with lots of fluid on lungs...tried deep breathing to clear it – began coughing pink frothy foam". The preliminary diagnosis is **swimming induced pulmonary edema** which is thought to be caused by a combination of expanded plasma volume from training and hydrostatic pressure from the water centralizing in the already expanded blood volume. Swimming in cold water is worse because of the peripheral vasoconstriction that goes with trying to stay warm and therefore further centralization of blood volume.

OK, so not to scare anyone, but thought it was important to share.

So...what's next for me? I'll be competing in the inaugural Savageman Half Ironman on September 16<sup>th</sup> - a course the boasts a climb with a grade of 25% - and then apparently it gets hard! And after that a recently added event will be the Scotia Bank Half Marathon on September 30<sup>th</sup> (I'm not sure how Kim and Tara talked me into either of these events...☺) Then it will be all smooth sailing to IM Florida....with a great trip to Kona to really motivate me to put it all on the line.

Good luck to everyone at IMC next weekend and to my cousin Alisa who is traveling to Germany for the ITU Olympic World Champs!!!

Linnea