

And we're off...

So the season begins with a bang at the Chilly Half Marathon held in Burlington, Ontario. This was my third time competing in this race, and this year I placed 2<sup>nd</sup> in my AG, well.... sort of. Not being of true running blood, I'd forgotten that placing is done by clock/gun time and not by chip time. I had decided not to fight the huge crowd to get up to the front – and started a short way back of the start line, this resulted in my finishing clock time of 4<sup>th</sup> place, while my chip time placed me 2<sup>nd</sup>. Overall I was happy with this run as it was right at the end of a long training week.

Special thanks to Adam for the mid-race cheer and resulting mental boost – too bad I didn't realize you were trying to give me a hug - and to Jenn, who I've only recently met at my swim group, and who is now my running icon. She gave me my motto for this race – run as fast as you can for as long as you can (sorry Fiona)!

I'm now eagerly awaiting my first training camp of the season – PALM SPRINGS!!! Yahoo.... 9 days of pure fun in the sun. Luckily, I'll be training with someone who is faster than me in all three disciplines – Dave!! This will give me something to chase and, of course, I don't want to risk getting lost so I'll have to work extra hard to keep up to him. Hopefully this preparation will put both of us in good form prior to the first IM of the year, BRAZIL, May 25<sup>th</sup>!

I'm also please to tell everyone of the newest member of the Kona Girl support crew – ZOOT Sports!!! Now I will definitely look good while I'm racing – something that will please Maureen. So look for me in those super cute new blue Zoot Ultra race shoe!! Look out Tara, I'll be just as cute as you.... ☺ Thanks to Jenn Winters for taking me under her wing, and helping me out with some fabulous new apparel and shoes! Really, the clothing this year is super - check it out on [www.zootsports.com](http://www.zootsports.com)

A special mention here of the early season racing and training exploits of my training partners and friends:

\* Supa Star Tara - who not only completed but dominated Epic Camp held in New Zealand. After leading the 'race within the training camp' for several days she placed 4<sup>th</sup> overall. Tara was the only female 'camper' and had the best placing of the all women who have ever completed this camp (a grand total of 3 over all the years I think). Tara went directly from NZ to Australia to race the 70.3 in Geelong, where she came in 5<sup>th</sup> of the pro-women

\* CathieBob and Gilles and Joanne – Bermuda Triangle. If it sounds scary then these 4 are up for it. This is how it plays out – day one: 1miler race, day two: 10k race, day three: half or full marathon. Congrats to Gilles who placed 4<sup>th</sup> overall in the 1 miler, 2<sup>nd</sup> in his AG in the 10K, and 3<sup>rd</sup> in his AG in the half!!! CathieBob both did the marathon – congrats to you two, and to Joanne for smiling all the way and enjoying racing!!!

\* Jackie Dupuis, AKA Jack-Star – Gasparilla Half Marathon, Florida (did you do this race because it sounded like a drink??) – placed 4<sup>th</sup> in her AG with a new PB!!

Hope everyone has had a good start to the New Year.

Cheers  
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