

TriShark Triathlon - June 7<sup>th</sup> 2008

From Beth Haynes:

(due to rain and lightening threat, the race was delayed by over an hour and converted to a duathlon: 1.5m run, bike, 1.5m run).

It was interesting to participate as a spectator...Here's a couple things I observed...

It's almost impossible to body mark people in a pouring rain. :)

I was happy to see that I am not the only one challenged by that little bit of an incline outside of the transition area to start the bike. Most everyone who wore their bike shoes did better than those who left them clipped in, even the elites.

We also saw several crashes. The first two men came back on the bike together. Just before you turn left into T2, one of them crashed- HARD. He slid across the pavement into the fencing and the porta potties. We couldn't tell how it happened. He got right up and ran his bike into T2. He wound up winning overall. The timing mats going into the T were very slick and volunteers were warning everyone. We still saw at least 3 people go down, one guy really hard. He must have fell onto his bike, because his shorts were ripped out and he didn't get up right away. I don't think he even started the run.

Congrats to everyone and safe training.