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Fall 2006

Monthly Newsletter

At the Races

Tiszaujvaros BG World Cup

Tiszaujvaros, Hungary – August 13, 2006

After a great race in Salford and two weeks training in Kaiserslautern, Germany, I was excited to redeem myself from last year's race at the Tiszaujvaros World Cup in Hungary. It was especially fun having my parents come watch, too. I had a clear advantage this year since I had raced there before. I ended up

having the best swim of my season and headed off on the bike course in a group of 5. Unfortunately after only 3km into the bike I bumped with another racer and we both went down. Besides some road rash and bruises, I wasn't injured but my bicycle was badly damaged and I unhappily was forced to quit the race. Unfortunate, but it's all part of the game.



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:::Race report:::results:::photos:::travel log:::

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Upcoming Races:

November

- 11.1.06 - Elite Team World Championships
- 11.5.06 - Cancun BG World Cup

One last race for VT: FISU World University Championships

Lausanne, Switzerland – August 25, 2006

I had a lot of fun at this race, even though I came down with a cold during my travels to Switzerland from Germany. All the university athletes were put up in a hostel near the Olympic park in Lausanne, Switzerland and it was really neat to meet other collegiate triathletes from around the world. I was looking forward to this race because I had thought it would be the same course as the Under-23 Worlds the next weekend, but the World University Championships was on the



age-group course so it wasn't quite the preview I had hoped for. I didn't have a great swim, and the bike course was challenging with the hills and had some terrifying descents made worse by the cold downpour. I ran fast enough to stay in the top 10 without over-exerting myself before the Under-23 World Championships the next weekend. The post-race party was one of the best I've been to and I was sad it was my last time racing for Virginia Tech.

:::results:::travel log:::

Under-23 World Championships ~ Lausanne, Switzerland – September 3, 2006



After World University Games, I spent all week recovering from my cold and preparing for my next race in Lausanne while staying at the Hotel Royal Savoy – a very nice, old-fashioned hotel on the top of one of the two climbs on the bike course. My goal for the race was to place in the top 10, but I knew that this year's field was a lot stronger than last year's. I had a decent swim that put me in a bike group with potential to

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catch the next group, but between the two climbs on the course (one really steep, shorter one and another longer, more gradual but not less painful one) we didn't have enough time to close the gap. I ran pretty well, passing several girls even while battling a bad side stitch for a lap and a half. I placed 13th – not in the top 10 like I had hoped but still very respectable.

:::full race report:::results:::photos:::travel log:::

Hamburg BG World Cup ~ Hamburg, Germany – September 10, 2006

I returned to Germany after Worlds, training for a week with a few other American girls at the Sembach Air Force Base in Kaiserslautern. Since it was just a week after Worlds, Hamburg World Cup was pretty stacked – the toughest field I had faced yet. With the unusual swim course – going through water tunnels – and the fast, technical bike course, many athletes were getting a course preview for next year's World Champs. I swam relatively well and played it smart on the bike course to avoid potential crashes. With all the turns it was difficult to catch the groups ahead but I ran well enough to place in the top 50, earning points for the 2008 Olympics. I was surprised that my body held up so well after three consecutive weeks of racing.

:::full race report:::results:::photos:::



Fourth in a Row: ITU Westchester Continental Cup

West Chester, New York – September 17, 2006

I returned to the USA after six weeks in Europe just to pack up with the family and drive to Westchester, New York for my 4th race weekend in a row. Not the high-profile World Cup I had become accustomed to, this race was almost a return to my age-group racing days with one lap each of the swim, bike and run courses. This race did not go well at all – probably one race in a row too many. It was nice hanging out with my parents and catching up with old friends.

:::results:::



What's Next?

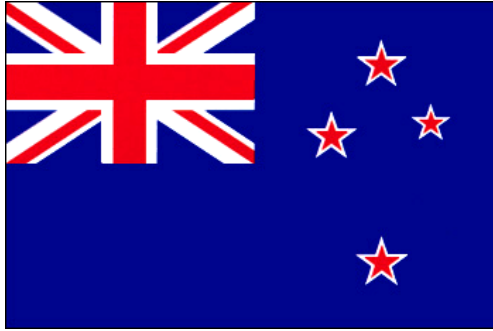
Fall 2006 at the US Olympic Training Center, Colorado Springs, CO



After visiting Virginia Tech for a few days I flew back to Texas to pack up my stuff then drove up to Colorado Springs, CO to spend six weeks of altitude training at the Olympic Training Center. It has been a great experience living at the OTC and I definitely have benefited from the altitude training. Although winter seems to have arrived early, I did get plenty of sunshine and great weather. I've also had the chance to meet several different types of athletes, from cyclists to wrestlers. I'm glad I had this opportunity.

Upcoming Races and Winter 2006-2007 in New Zealand

The season is almost over! In less than a week I will head to Cancun, Mexico to compete in the Elite Team World Championships on November 1 and in the Cancun World Cup on November 5. In the team race, a new event, each athlete on a team of 3 performs a "super sprint triathlon" of a 250 m swim, 6.6 km bicycle, and 1.6 km run before handing off to their teammate. It will be a fun way to get acclimated to the heat in Cancun before the World Cup on Sunday.



From Cancun I am heading straight to New Zealand to race the final world cup of the season in New Plymouth. After that I will stay in Christchurch, New Zealand until April for

training during the New Zealand summer. Chasing summer around the world is something I've dreamed about since my sophomore year in college and I am sure it will take me to a new level of performance for 2007. Realizing this dream wouldn't have been financially possible without the help of

USA Triathlon's Emerging Athlete program and without the help of DaimlerChrysler, my parents and other supportive family members. Thank you!