

Larry Bradley's One & Du = Tri – Blog Post #7 – September 17, 2010.

The last weekend of triathlon is now just days away and it is sad to see the season come to an end. I have been through quite the roller coaster ride this year in the sport but the cart seems to be pointed in the right direction for the future, although, I would love to have a couple more events to experiment with things before evaluating my off-season needs.

After my last race in New Hampshire (Aug 22), I had two races (Cobourg and Wasaga) on the schedule that I was really looking forward to competing in but they just did not work out with family commitments taking precedence. So now I have one last kick at the can in Lakeside on Sunday and the goal is to leave it all out on the course. There is no next race to save up for so it will be fun to hammer through the Olympic distance to see what I am capable of. If the weather cooperates, and it is not too chilly coming out of the water, I have challenged myself with an aggressive goal time that will push all three elements of the race. It is also

Come next week, it is going to be interesting to look back over all the ups and downs from 2010 as I plan my attack for next year. It may seem like a long way down the road but I have a lot of work to do on my swimming so I can't afford to sit back and relax as much as I would love to after Lakeside. I have posted strong results on the bike and run which shows that I can compete in my Age Group but starting those portions so far back after a slow swim can be mentally tough to overcome. Hopefully, with another fall, winter and spring in the pool, I will get a better feel for the water and become quicker and more efficient.

When I do sit down and take stock of 2010, I will put together a blog to help document my journey in triathlon to date. Looking back at the expectations I set up for my first year in swim/bike/run, I can see many goals were not reached. I may have been a little unrealistic in those targets but I know I need to challenge myself to avoid lazy stretches along the way. Thankfully, I have an amazing support network in the sport that helps keep the balance of fun and competition in order. Sometimes, when I start taking things a little too serious, it is nice to be reminded that it is just a pastime (unless you are pro and trying to make a living, which I am not) and a great excuse to hang out with friends away from all the other stresses in life.

On a final thought for this entry, I would like to thank John Salt, Roger Hospedales and the entire Multisport Canada Crew for the space they have provided for my articles and MSC blog. Through this blog, I have had the opportunity to meet many of you at the races, in training and online. I am very fortunate to have this platform to share my experiences with so many passionate athletes who love the sport for all the right reasons.

Thank you very much!

Hope to see everyone in Lakeside this Sunday!

Larry