



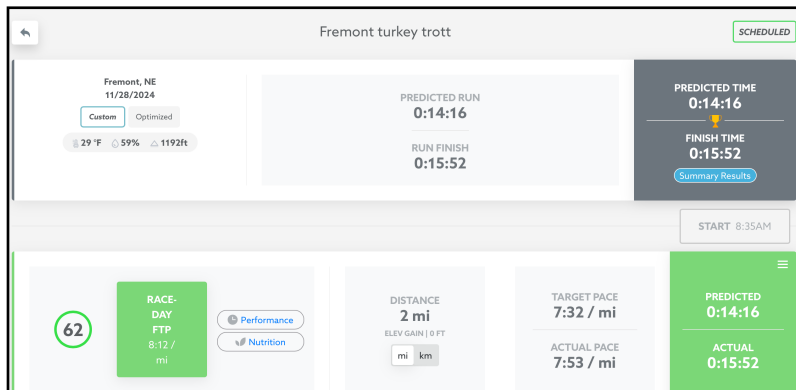
Turkey Trot, Fremont, 11/28/24 & Masters' Swim Meet, Fremont, 12/8/24

1. Highlights and loves: Got to run with Grace and Cameron and, of course, Sandy had her first race! I ran this race the first time because Jackson wanted to in 2nd grade, with Felipe, and he sprinted the whole thing, until he didn't. He learned pacing at FHS cross-country.

2. Running mechanics cadence goal of 185. Heart rate maxed out so left nothing there, and paced well especially seen in last quarter mile did not blow up. Entered as a B-race in RaceX now :-). Did not need to upload course because flat :-).

3. Lessons learned - do 5k assessments outside with GPS, and workout inside on treadmill in HR zones not speed/pace. Before the race, I re-calibrated my Heart rate monitor HRM-Pro, but have been

doing my monthly 5k assessment on the treadmill and learned that it is not fully accurate even with FP in HRM calibrated on middle school track. That is why I was off 40 seconds per mile or 10 seconds per 1/4 mile pace. Because hit target HR but not pace. Be okay with slower than treadmill assessments when I am outside (I won't be able to do 24:45 like I can on treadmill for a 5k). It might be 26:50 but that will help RaceX get a much better pacing prediction for race day.



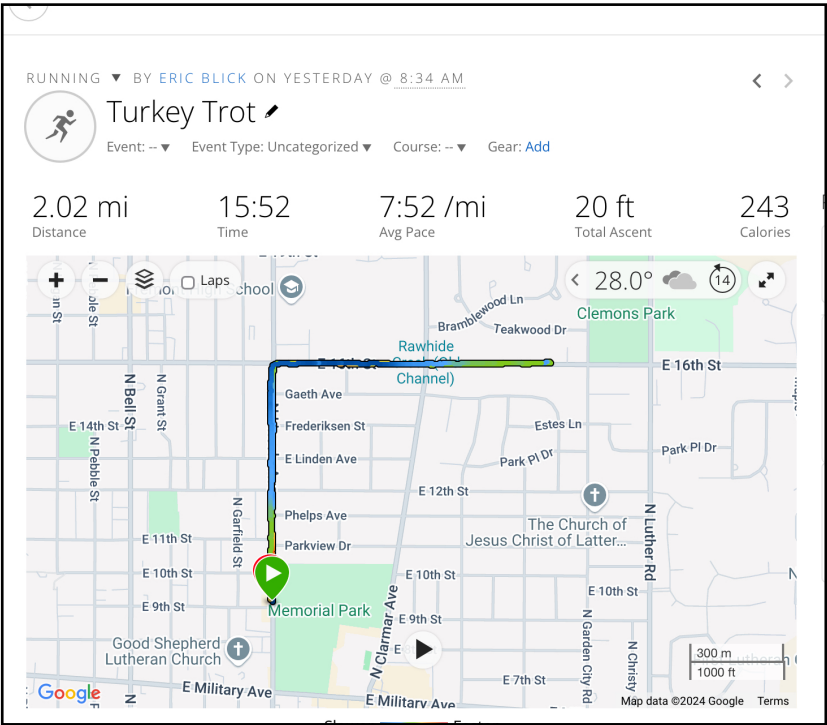
4. Last year's time was: 15m20s so that was more realistic, I never went 14:15 like RaceX said I could do this year. Even 2022 was 14m48s which was my fastest in this distance ever.

5. I still enjoyed the run and recalibrated my expectations on the fly in the race. I was not going to hit 1:47 / 1/4 mile and Lionel Sanders even walked 2k in this last Ironman at Kona!

6. HR is max: you show up race day ready to go, the time is what it is when you max out our HR. That was the goal: to enjoy the day, enjoy the mechanics and posture of 185



Lap	GAP: Grade Adjusted Pace	Heart Rate	Cadence: Strides per Minute	1/4 mile splits
Actual	8m 0s	158	184	1m 58s
Target GAP	7m 11s	158	185	1m 42s
1	7m 40s	146	190	1m 58s
2	7m 55s	156	186	1m 54s
3	7m 32s	159	184	1m 55s
4	7m 47s	160	184	1m 56s
5	7m 53s	161	183	2m 0s
6	8m 27s	161	180	2m 8s
7	8m 48s	161	183	2m 1s
8	7m 56s	162	182	1m 55s



2024	2 Mile Run				
Gun Time	Overall Finish	Gender Finish	Age Group Finish	Average Pace	
00:15:58	25 / 177	21 / 84	4 / 10	7:58/mile	



cadence, and be okay with going slower than projected which was off.

7. Best day of the year to race: come back to Jodi, fireplace, family, bacon, monkey bread, coffee! Finished top 25 out of 177 in the 2 mile.

8. Justine ran with Will in Atlanta for their 3rd annual run at same place. He stayed the whole time with her since she was taking it easy with Tootie!

Swimming at the Masters:

A. Times: 50 Free, 2nd overall at 25:18, 1st in age group. 200 Free, 2nd overall at 2:11.07, 1st in age group. 50 Fly, 1st overall at 27.84, 1st in age group! Felt amazing.

B. Letter to Grace: “Triathlon has redeemed the sport of swimming for me. I look forward to my swim workouts now. After years of burnout of the sport from college, wrestling with perfectionism and never feeling I swam fast enough, and never feeling I worked out enough, I love the way God has used this sport again to help me understand the beauty of being human, my natural limitations as not being a god but being a dependent creature of God - this is a good thing, and I’ve been able to set now for the first time realistic expectations, and exceeded them and accomplish more than I thought. I love the story of the God who redeems. He takes broken people like us and redeems them and restores them, and I’m glad for how I can visualize that with what he’s done through triathlon to not avoid swimming.”

