

Second at the French Grand Prix in Tours, France (Tours, France July 19, 2009)



July 19, 2009

There were 70 girls on the starting line for the swim. Frankly, it's never been seen before....but what a great opportunity to practice in a peloton with so many girls. What better way to learn how to keep cool in the water when there is a battle going on. Despite the number of athletes and the fighting for position going on in the water, I was one of the first to leave the water, with a few of the other better swimmers (who often compete with me in the World Cup).

On the bike, the only difference from a normal race was that each team had a strategy. Some of the better cyclists could not break away because they had to wait for their teammates, since it's the team that matters in this kind of race. However, the bike was still fast, and I found the experience very interesting. As for our team, we were not strong enough to have a real strategy, so the director of our club gave us the goal of staying in the peloton and making the other teams work hard, and then we would run fast after.

For the run, we had to do two 2.5-km loops, and I was the one who set the pace for the first lap. On the second lap, an Australian caught up to me, and made a few attacks. I was able to withstand three of them, but on the fourth attack, I wasn't able to keep up with her. I was able to maintain the same distance between us right up until the end, and I finished second.

No matter the importance of the race, I gave it my all, and loved my first experience on the French Grand Prix circuit. I wish you an excellent week, and will give you some news next week, after the ITU World Championship Series in Hamburg Germany.

