

On 4/28/18 Sue deJesús was AWARDED:

- (1) North American Ironman Age Group F65-59 Champion
- (2) Ironman Texas Age Group 1<sup>st</sup> Place Winner,
- (3) Ironman World Championship qualifier, Kona Hawaii!



This year's race theme:  
**"ANYTHING IS POSSIBLE"**  
*YES, IT IS!!*

*Swim 2.4 miles, Bike 112 miles,  
Run 26.2 miles for a total of  
140.6 miles in 13hrs51min*

What does it take to win your 1<sup>st</sup> full IRONMAN® race the 1<sup>st</sup> time out, which then qualifies you for the worlds biggest and most prestigious World Championship in Kona Hawaii?



It requires that I am I.R.O.N.M.A.N!

- I-nspired to win
- R-esilient in unexpected circumstances
- O-vercoming every obstacle
- N-ever Giving Up
- M-otivated to train every day
- A - Strong mind, body and self belief
- N-ew expectations of myself
  
- From the **start** line, it takes me seeing myself crossing the **finish** line, and then doing what it takes to get it done!
  
- Correct Nutrition choices must **fuel** the swim, bike and run, and **every** workout and meal in between.
  
- **Correct Pacing** for a whole day is critical to a strong finish.
  
- Knowing that **every** workout has a **purpose** and **proper recovery** is essential.
  
- Surrounding myself with a team that is **committed** to help me in every area.



*Lined up getting ready to start the swim,  
looking at my hubby Carlos!*

Every new challenge in life takes an adjustment period where you must gather yourself and start to reach beyond where you've been comfortable and safe to launch yourself into new, unknown, uncharted and very murky waters! This path has twists, turns and surprises hidden around every bend, each requiring new growth. At first it's like seeing a goal through a small key hole in a locked door. To reach the goal you must take on a new shape and stretch yourself through the narrowest of places. Soon you don't recognize the old shape. Only after you have reconfigured yourself do you find yourself on the other side of this door with your goal now in hand. The process this took has given you as much reward as the Champions Trophy gained at the crossing of the finish line!



The swim was in The Woodlands Lake, a man-made lake. We lined up according to our projected finish time, and then piled into the water as fast as we could approach the water and dive in. It took less than 20 minutes to get 3000 athletes in the water.



Volunteers helped everyone out of the water. If you don't know to kick your legs toward the end of the 1 hour 13min time being horizontal, your legs will be wobbly once you stand up—wobbly enough to fall over!! I learned this many years ago. Two men in front of me haven't learned this trick yet...



I followed a very specific fueling and pacing plan so that I would be fresh enough for running a full marathon at the end. It became all about executing the predetermined plan, then making the necessary adjustments when not everything worked out as planned! I carried with me nutrition for half of the bike and run. The other half was in other bags! They had another bag for the bike that was handed out midway through the bike course, and yet another bag to be handed out half way through the run.



...almost 3,000 athletes!!



All of my gear was placed in bags and put in different places. The Blue bags had all my cycling needs in it. The red bags had all my running gear in it. After exiting the swim I called out "288!" so the volunteers would help me find my Bike Bag to take it to a white tent to get ready to cycle. I put all my swim gear in this bag and handed it to the volunteers. At the end of the bike I handed my bike to a volunteer and ran to where the Red Running Bags were located calling out "288!" so I could get help retrieving my running gear. On to the white tent again to get ready to run!

My coaching is provided by Mark Allen Coaching. He's won Kona 6 times in a row and knows a little something about racing on the world stage. He's the best!

My new ride is a Cervelo P5X, made possible by Joe Coppola's bike store Velo Concepts in Culpeper, VA. Thank you Joe!

Spring Nutrition has agreed to give me deep discounts on all my gels through their Ambassador Program.



***My bike has been named GLORY!***

Many, many thanks goes to SO many people who support me in so many different ways: through your prayers, your thoughts, your well wishes, your thoughtfulness expressed in the special touches unique to you. Your support and your celebration of my triathlon racing journey are appreciated more than you know. I could not do what I do without you!

And at the end of a 13+ hour day of non-stop movement, there's no greater feeling than to hear the famous voice of Mike Riley say,

***"Let's welcome Sue deJesús, You... are... an Ironman!"***

