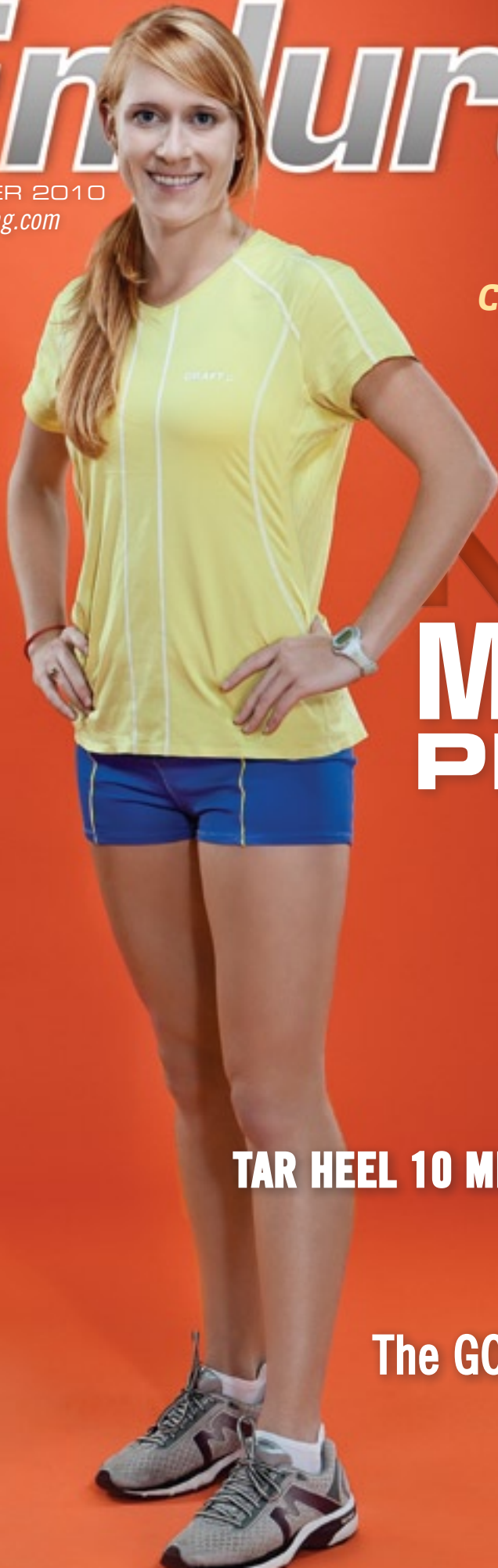


Endurance

CHARLOTTE

NOVEMBER 2010
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FOR THE LIFE YOU LEAD



Caitlin Chrisman:

CAN A VEGETARIAN
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N.C. FALL MARATHON PROGRAM

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Breathtaking!
The GORE-TEX TransRockies Run

+ BONUS Gobbler Guide!





I CAN DO THIS! Sophie heading out with determination on to the 9 mile bike course in the 2010 Ramblin' Rose Triathlon in Chapel Hill. PHOTO STEVE LACKEY

GIRL POWER - Mom and Daughter together at the finishline. PHOTO MIKE MURRAY

nation I had never before seen so intently on our little girl's face as she came running up the final hill and then instinctively sprinted with all her remaining energy though the chute to the finish—"Sophie Lackey, You Are a Triathlete!"

All of this happening amidst the event we created a mere five years ago that has directly changed the lives of over 9,000 women (plus all of whom they influence). For me, a overwhelming moment of gratitude for all that we've been able to do. So far.

Although I proudly share a lot of credit with her mom, I am so very appreciative of the attitude people like Mrs. Orr strive to instill in the classroom of our kids by sharing perspectives like this:

A EULOGY FOR I CAN'T

"Friends, we gather today to honor the memory of I CAN'T. While he was with us on earth, he touched the lives of everyone ... some, more than others. His name, unfortunately, has been spoken in every public building—schools, city halls, state capitols and, yes, even our White House. Not to mention at every playground and household.

"Today we have provided I CAN'T with a final resting place. He is survived by his brothers and sisters—I CAN ... I WILL ... and I'M GOING TO RIGHT AWAY. They are not as well known as their famous relative ... and are not as strong and powerful yet. Perhaps someday, with your help, they will make an even bigger mark on the world.

"May I CAN'T rest in peace ... and may everyone present pick up their lives and move forward in his absence."

I CAN'T, MAY HE REST IN PEACE—October 10, 2010.

Inspire. Perform. Endure.

Steve

P.S. Thanks to the Spirited Cyclist, Bike Source, A. E. Finley YMCA Triathlon Club, and the Triangle Velo/Endurance Magazine cycling team for chaperoning our Ramblin' Rose Triathletes along the bike course in Charlotte, Rock Hill, Raleigh, and Chapel Hill, respectively. Sincere appreciation to all of you for helping to ease the anxieties of our newest triathletes! And a special thanks to Keith Gerarden of the Triangle Velo squad for keeping a close eye on our Sophie as she pedaled through the course.

I CAN'T.

In my daughter Sophie's third-grade classroom, a poster reads "A Eulogy for I CAN'T." Sophie's teacher, Mrs. Orr, had the whole class write down a list of all the things they thought they couldn't do—things that were simply "too challenging." They then crumpled up the papers and she announced to the students with what I assume was a very serious and solemn tone, "Today, I CAN'T has passed away. Out of respect, we are going to bury I CAN'T in the compost pile."

I saw this on back-to-school night, and it put a huge smile through my whole body.

It wasn't long after this that soon-to-be-nine-years-young Sophie begged me to sign her up for our Ramblin' Rose Women's Triathlon in Chapel Hill. We would wrap up our 2010 Ramblin' Rose Women's Triathlon Tour at the October 10 race—our fifth event of the season and our fourteenth since we created the event in 2006. She has been watching

me produce these events since she was three, and now on the eve of her ninth birthday, she was about to get in the pool with the rest of the field.

As a parent, you can't help but be proud and at the same time anxious that your child will be safe physically, and even safe emotionally (what if she doesn't finish?). I'm never conscious of these worries for myself, though I now am wondering if my subconscious is perhaps an emotional mess before and during my racing efforts. I wanted to hold her hand through each step, but of course I could not. As she was about to get into the queue to jump into the pool, I hugged her as strongly as I could and whispered in her ear "You can do this, Soph. You are beautifully powerful—don't ever forget that." Then I gave her a big kiss on the cheek and left it to my wife, Tamara, to chaperone her along the way. Our incredible event production team freed me up so I could keep track of my girls along the way (thank you for being awesome, as always!).

I will never forget the feeling of pride I had watching Tamara and Sophie swim, bike, and run and ultimately cross the finish line (wow, I get choked up just thinking about that). Watching Sophie's mom motivate and encourage her to keep going and seeing that look of internal determi-



Ramblin' Rose 2010
women only

sprint triathlon
train swim bike run finish

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Winston-Salem, NC - August 21st

Charlotte, NC - September 25th

Chapel Hill, NC - October 9th

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BREATH TAKING!

The **GORE-TEX** TRANSROCKIES RUN

BY STEVE LACKEY

On August 27, after **SIX DAYS, 117 MILES**, and more than **25,000 FEET OF CLIMBING**, I felt the rush of crossing the finish line at the 2010 GORE-TEX TransRockies Run.

A true endurance summer camp for adults, this event delivered on its promise with every mile—challenge, reward, challenge, reward, challenge, reward. I've never seen or felt anything like it.

The varying landscape, the engaged personalities and clear-headed people, the beyond gorgeous views with sweeping mountaintop scenes you can feel to your core—so powerful you will involuntarily stop in your tracks to allow your entire self to take in as much as you can—all combine to create an experience you will never forget.

BREATHTAKING IN EVERY SENSE OF THE WORD, STAGE 2: After acclimating to the altitude on a long stage 1, the second day is the wake up call: 3,500 feet straight up to Hope Pass (12,500) in less than 3 miles. PHOTO BY KEVIN ARNOLD



AT THE FINISH, STAGE 6: This photo was taken by my wife, Tamara, who stopped me in my tracks as I was only steps from the final finish line on day 6. I had never seen her more beautiful than at that moment, and I had to stop and give her a big kiss and hug before finishing up the run. It cost me a few seconds—but I am thinking I gained so many more. Thanks for being there, Tam, you inspire me. PHOTO BY TAMARA LACKEY

— A LIFE EXPERIENCE UNLIKE ANY OTHER.

FACE YOUR DOUBTS

This event is perhaps most compelling because it is one that requires a huge amount of faith and belief in yourself. From the start, most people have never attempted anything that approaches this.

You struggle to sign up, thinking, “I’m not sure I could do that.”

You spend months preparing yourself to get there with so much unknown that your mind slowly starts to accept that you simply need to be emotionally available and physically ready to handle pretty much anything.

You wonder what it will be like to run through knee-deep, ice-cold mountain streams.

You can’t emulate the race from where you are because the conditions are unlike most other

places on the planet.

You are not even likely to match the mileage (or come even close) because, quite frankly, you aren’t even able to imagine how you could run that far in that many days—that is, until you get there.

My longest weekend came in early August—it was 18 miles, 20 miles, and then 22 miles in humid 103-degree North Carolina. Getting through that test was incredibly rewarding because I got beyond believing in myself to knowing that “I just did that!” Still, that was only 60 miles, about half of what I would face in a mere three weeks—and about 10,000 feet below where I would be. There’s not a lot of oxygen to breathe up that high.

But that test and the others that preceded it got my mind around performing beyond my under-

standing and past my comfort zone. When I got out to wherever that place was when I would feel unprepared, I would have the confidence that this, too, was possible.

DON'T SWEAT THE LOGISTICS

It was an amazing experience, and it helped that the GORE-TEX TransRockies Run event team was well above any other I’ve seen. I got the chance to run stage 5 with race director Aaron McConnell, and everyone we saw on the course made it a point to thank him for producing such an amazing event. The food was amazing—catered each morning and night with a spread that left little to want. The campsites would be set up each night before we would arrive and then taken down





SUNBATHING, STAGE 1: Our friend Heidi Dietrich from Seattle cruises through Stage 1. Heidi managed to keep track of her great smile all week and was part of the 45-percent female field in the 2010 GORE-TEX TransRockies Run. PHOTO BY KEVIN ARNOLD

each morning after we left. The Salomon team hosted the Relax Zone with varying beverages, snacks, hot chocolate, and a big fire pit for late-night bonfires. The most impressive element, however, had to be the mobile locker room/shower stalls. They offered hot showers anytime you needed it and were cleaner than any locker room I've been in. The attention to detail for the comfort of the runners was well above expectations. All we had to do was sleep, eat, and run.

The sponsors are a huge part of this event as well. They were front and center as participants, event staff, volunteers, and cheerleaders for the entire event—something I've never witnessed before. The swag bag included all sorts of gear that had to be worth over \$500—Salomon GORE-TEX trail shoes, a WINDSTOPPER jacket, a Timex Ironman Watch, a Headsweats hat, and much more. Each night we'd receive another important piece of gear, like WINDSTOPPER gloves for the cold expected early the next day. It seemed to

never stop—they would bury us with gear and it all was stuff we could use during the event.

Cynthia Amon, spokesperson for W. L. Gore & Associates, would stand at the finish line and hand each and every finisher of each stage an ice-cold drink complemented by her incredibly contagious smile. She would also entertain the entire event each night as only she could while she congratulated us for accomplishing the previously daunting task of the day. As Cynthia puts it, "The extraordinary thing about this event is that we have not only the elite runners who run competitively but also everyday people who simply have a passion for running. They are delighted with their experience no matter where they finish in the pack." At Gore, they refer to all participants as "Masters of the Extreme," and our collective passion for excellence inspires their product development. Honestly, I've never seen sponsors engage with the participants in so many ways as those who support the GORE-TEX TransRockies Run.

THERE'S NO "I" IN TEAM

As if this event wasn't unique enough, the basis of the six-day event is that you run it with a partner—as a team. This isn't a relay. Each person on the team has to run the whole of the course. And the team needs to stay together. You can only go as fast as the slowest teammate. This team element makes it very interesting and exposes things for each person they may not have expected, creating an additional emotional challenge for some. I saw several husband-and-wife teams, and they surprisingly handled the balance of power better than many all-male or all-female teams. I'll need to dive into that one another time, but needless to say, you can create a two-person team any which way and you need to be prepared for the strengths, weaknesses, and needs of your teammate.

JUST THREE DAYS FOR ME, THANKS

This year they added a three-day option, which allows runners to participate solo—no teammate required. It's a great option if you are pressed for time or if you are interested in just a taste of the TransRockies experience. But I'll tell you, as worn out as I was after the first three days (I would have been psyched to be finished after day 3), I would have missed my best stages of the run if I hadn't continued. I loved days 4, 5, and 6.

Ultimately, your experience is up to you. You can fight the challenges each day or you can embrace them. My happiness reached a much higher level once I embraced the various daily challenges. More importantly, that made it just plain fun. After slogging up the long climbs, I felt like a kid as I bounded down the long descents (a strength I apparently can claim) - a very tired, yet increasingly inspired kid.

YOU HAVE TO BE THERE

Master photographer Kevin Arnold was able to capture so many of the fantastic scenes throughout the course. And as stunning as his images were, it was clear there was only one way to actually feel the view. You had to go to it. You had to get yourself up above 11,500 feet to the ridge of the climb each day and have the presence of mind to let yourself feel how much lighter you are when you get up there.

It's safe to say that I fell in love with what the planet offers above 12,000 feet. I haven't spent many moments up there—which is perhaps why I recall it so fondly—but I know I will enthusiastically take every chance I get to experience what it feels like to climb above all else that fills my head, if only to remember what I am capable of offering.

YOU CAN DO THIS!

Registration is open at www.transrockies.com for the 2011 Gore-Tex TransRockies Run, August 21–26. I hope to see you there—you won't regret it.



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