

# Florida Ironman 2011

## Ed McGovern

A few streaming thoughts from Saturday while fresh in my mind ... "it's 3 am and I can't sleep – just lay here, relax and think about the day ahead. Stay calm. Don't get all worked up yet. Can't help it, I'm shaking. 4am. I should probably get up and make sure everything is in order and ready go. Coffee, bagel, and banana in that order. Don't feel like eating I'm so nervous. Transition – Wow there is some nice gear here. There are some fit people here, these people look waaaaaayyyyy fitter than me...I may be in trouble ...no, just relax... I followed the schedule, I'm ready... just need to get to the run then I'll be ok. Am I the only person in this race with a road bike? I'm in the wetsuit and have to pee – oh well... can't believe this water is so flat – great. Yesterday it was super rough ...Where do I start on the beach? ... think I'll get to the middle of the pack .. Gun goes off - hit the water... OMG this is worse than I thought, I can't breathe, I can't see, I'm getting kicked and clawed ... just stay afloat... don't panic. Just get to the first Buoy Don't panic ... ouch, just got a solid heal to my chest... fight back, get space, keep swimming ... fight back harder .. make the turn ... damn it's not thinning out. OMG there's jelly fish, wow they're beautiful, they're five feet under must be they know there's too much commotion on the surface ...focus, focus, get the first lap of the swim done - ughh mouthful of seawater after getting kicked ... why is this guy in front of me swerving from side to side and clocking me in the head every time he does? Just get to the beach, focus, focus, ... then ...OK, one more lap, I did it once I can do it again. Still so crowded, I like the wetsuit, feel buoyant. How many toes have I touched? Phew, I made it- swims done thank god ... I made it ... Then ... should I add a layer for the bike? Man I'm still out of breath from that swim ... can't believe I just swam 2 miles ... just get your shoes and helmet on and start peddling ... OK getting in to a rhythm now .. get to the halfway point on the bike and then head home, see the girls at transition ... keep the heart rate in check. I have to pee where do I stop, is it a penalty? pull on to the grass and ... relief...! Back on the bike, headwind – downshift now ... holy SH\*t my cable snapped, I'm done. NO! NO! NO! A year's worth of training, family all the way here from MA, my dream down the tubes - the lowest of lows...70 more miles to go... then - O.K don't give up - it's a gear I can pedal in... it's a flat course ... just keep going. It's Ironman, I can't give up. Thank god it's flat. Headwind... have to stand up and pedal ... make the turn ... then a tail wind - hmmm I think I can do this... Family is at the transition ... just make it off the bike and worry about the run when it gets here. Just keep peddling... wish I could shift gears but moving along at a decent clip... can't wait to get off this bike... Then the run. Feeling ok – tired legs and stiff but I'll be alright, keep moving ... and at mile 12 a mini meltdown. Why didn't I pay attention to eating - I missed some gels, stomachs a little off... Shaky, weak, can't even jog now so have to walk - must be out of fuel. Get something solid to eat - two cups full of pretzels, some grapes, a few cookies, a coke, keep walking forward. Oh thank god there's Lynn, Janice and Lily - how do I tell them I might not make it? I can walk the rest but .... wait - O.K - the fuel is kicking in - get to the turn around and see family again. Big cheers and hugs - start running again, I can do this, I can do this ... keep moving. One more lap ... keep moving ... then a mile to go! Wow I hear the announcer now. I am going to make it! See the family yelling wildly, bright lights - I feel great – I could run 5 more miles! Fist pumps and go hard to the finish. **Ed McGovern from Norwell Ma ... you are an Ironman!** Wow – that is the sweetest thing I've ever heard! I've wanted this for so long .. I made it. THANK YOU!

Then from the family ... great words of congratulations, hugs, and kisses, and a ... you're done with this right? "Yup ... for now anyway...."

Mike – A 10:20 in Hawaii – really?! OMG how do you do that??????