

# Trudy Smallridge – Le Race

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A huge thank you to Kim and Lisa from Complete Performance for the training, guidance and advice. And Lisa for doing the first part of the relay with me.

I completed ½ of Le Race on Saturday. One week prior to the event I decided Lisa would do the start of the relay. SO many pros and cons... the start was longer and more bunches. The second part more challenging (definitely) but shorter and more scenic.

A few discussions with my work colleagues during the week prior to Le Race I decided I better check the profile of the race more closely. Oh dear...now I was really scared. The hills were really BIG and lots of them. I even contemplated switching with Lisa to make her do the second half instead. I decided to be brave and have a go, after all the goal was simply to finish!

Race day arrived and I thought the day was going to be a complete disaster. Having very little sleep and my nerves started to get the better of me. I had a really good friend as my support crew and I could not have done it without her. Lisa came in at 10am (exactly as anticipated) and I was away.

Firstly, the Hilltop. I thought once I was over that the rest would be quite manageable. All the way through the race, I was thinking about what the girls had told me...eat heaps, drink heaps, take it easy, don't stop pedaling...oh and use your glutes (Kim, I am very familiar with those muscles now). Why are the camera people always situated at the hills? The next big hill was very steep (people walking, one guy swerving from side to side across the road). I think I was managing about 5kph but I was so determined not to give up. Once I was over that someone said that was the toughest climb. A few choice expletives running through my mind by now and starting to wonder if I could actually manage to get to the finish line. There was not much left in the tank – I think I reached the point of exhaustion. Yes – the scenery at times was magnificent. So about 10 mins before the end of the uphills and I am desperately searching for the Marshalls to tell me there is no more uphills. That was the longest 10mins and every time I went up a hill I thought the next downhill had to be the last. Finally the last cameraman said to me "it's all downhill from here". I was ecstatic. Wow! Now the big downhill (very very steep). I had to use all my concentration to get to the bottom. It was lovely to be going downhill but this was a serious downhill. Again, colleagues had warned me about how steep it was and I had perhaps underestimated how difficult this was going to be.

So for all the times I actually thought I would not make it, I still had some energy to chat to people (occasionally) and I even attempted a sprint finish. It just goes to show how training and practicing everything can actually get you over the line on the day. So whilst it took me 2 hours 40mins I was so proud to have got to the finish line. Bring on the next event. Thanks Complete Performance.

Trudy