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## THE MIND-BODY CONNECTION

*Lessons Learned From a Distressing Ironman Race*

In June, I left dry Colorado weather behind for tropical landscapes at the Ironman 70.3 in Hawaii. It was a practice run of sorts for the World Championship this October, and I felt pretty good heading into the race. I knew it would be a challenge, given that the terrain is so different compared to what I train on here in Colorado, but I couldn't wait to take on a new challenge.

It all started out perfectly. I completed a solid swim, and I had one of my fastest



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bike splits ever. It all seemed to be going according to plan, and as a perfectionist, that's exactly what I hoped for ... [CONTINUE READING](#)

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