

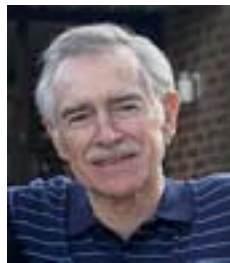
Power Chick on her way to France

By Bill Shaw

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Local triathlete Jamie Dalsing leaves at mid-week to compete in the Long Course Triathlon World Championships in France on Saturday and Sunday. The Long Course Triathlon World Championship features a 3K swim (1.8 miles), an 80K bike (48 miles) and a 20K (12 miles) run through Lorient, France.



Dalsing, 33, qualified by finishing fourth in her 30-34 age group in the Sept. 10, 2006, PrairieMan Long Course Triathlon in Grand Prairie. She finished the 1.2-mile swim, the 55-mile bike and the 13.1-mile run, with transitions, in 5:37:04 and placed 14th overall in the female competition.

“At the time, I didn’t realize that this was a qualifying race,” Dalsing said. “I found out later when I got the e-mail from USA Triathlon that I had qualified for the World Championship.”

Dalsing is relatively new to triathlons.

“I’ve been doing triathlons for two years,” Dalsing said. “My first one was the Capital of Texas Triathlon with Team in Training. I’ve done several sprint triathlons, five Olympic Distance Triathlons and only one previous Half Ironman.”

Dalsing expects fierce competition.

“The competition will be very tough,” Dalsing said. “It’s the top, elite athletes and all the top age-group triathlons from every country in the world. All competitors attending the World Championship had not only to be in the top of their age groups in one of the qualifying triathlons, but also have finished in less than six hours.”

Triathlon training is grueling and demanding.

“My training for World Championship has been intense,” Dalsing said. “I’ve been doing two workouts per day since the end of February. Monday morning, I do strength training. Monday evening,

I swim around 3,000 yards. Tuesday morning, it’s speed work at the track. Tuesday night, recovery biking on the trainer. Wednesday morning, 5 to 6 miles running with the local Power Chicks. Wednesday evening, speed work on the bike with Brazosport Cycling Club. Thursday morning, back at the track for speed work. Thursday night I swim; Friday rest; Saturday long bike rides and then bricks; Sunday long run over 12 miles. All in all at my peak, I was running 40-plus miles a week, biking over 120 miles, and swimming three. At first I didn’t think I could manage all this, but it started to become second nature.”

This intensive training might sound excessive, but not for Dalsing.

“I do triathlons for the

freedom and clarity they give me, plus it’s a great stress reducer,” Dalsing said. “Triathlons challenge me not only physically, but mentally. I like to see what I can actually do when I put my mind to it. I get a sense of peace and freedom when I finish one.”

Dalsing also has the encouragement of support groups.

“I’d like to thank the local running group Power Chicks,” Dalsing said. The Power Chicks are part of the Brazosport Area Road Runners Association. “They gave me the strength and kept me sane during all the hard training times. I’d also like to thank the Brazosport Cycling Club. The Wednesday night group got me into excellent biking shape.”

Dalsing invites others to experience the rush of triathloning.

“I’d encourage folks to try a local event, one of the local sprint triathlons or a relay one,” said Dalsing.

A sprint triathlon usually consists of a 300-500 yard swim, a 10-15-mile bike, and a 5K (3.1 miles) run.

“Triathlons are so much fun, and the energy levels at these events are high,” Dalsing said. “They get you so pumped up that you keep doing them, and then one day you decide to try a longer distance.”

Jamie, you go, girl! Show your Texas spirit.

Bill Shaw’s running column appears in The Facts every other Monday.