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Tri★DC

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**2ND ANNUAL
DC KONA
REPORT**

**2009
EVENT
CALENDAR**

**FINANCIAL
PLANNING
FOR TRIATHLETES**

**TOTAL
IMMERSION
SWIMMING**



Team Z's
**Chris
Wren**
places 8th in Kona



My Triathlon Training Philosophy: Hope, Dream Big, Never, ever Give Up

BY BETHANN TELFORD



John Carmichael and BethAnn Telford finishing IM Lake Placid 2008
Photo: www.asiphoto.com

Over the years, I've participated in many types of sports and athletic activities, from organized soccer, softball, and field hockey, to running, mountain biking, and skiing. A lifetime of activities and pushing physical and mental boundaries prepared me for my most difficult challenge.

While running the 2004 Marine Corps Marathon, I felt a "pop" in my head. I started to experience problems with my balance, and my thoughts seemed unclear. It was time to visit the doctors. So, I went in and had several tests done. The doctors called and asked me to come in to see them, and told me I had a brain tumor. I was stunned into silence; my life had changed in an instant.

I had my first brain surgery ten weeks later. I had to learn to walk, talk, and move all over again. I was determined to run again. Then, I started to heal. From slowly sitting up and standing, I graduated to walking around the

medical ward, with my friends and family by my side to help and encourage me. First, I started with simply walking to the door and then walking down the hallway. Soon, I was doing my first lap around the ward, and it became a race to do more and more laps each time.

It was time to start planning my first run. I ran my first 5K just six months later, and started to believe that maybe I could run the Marine Corps Marathon again. By the fall of 2005, I was once again standing at the starting line of the Marine Corps Marathon. I was more determined than ever to fight my own battle and make it to the finish line. With the love and support of family and friends, I made it through my first post-surgery marathon and was able to begin setting my sights on more challenging endeavors.

Triathlons were the hot new thing among my friends. One year after my first surgery, I started training for sprint triathlons. While training, I received terrible news from my doctors; my tumor was growing and required surgery. I wanted to delay surgery until after race season; reluctantly, the doctors agreed, and I had my second brain surgery three days before Christmas in 2006. Due to the skill of my doctors and the support of friends and family, I was home on Christmas day, but a long way from where I

had been in the summer. I spent the rest of the spring rehabilitating and training for my first half Ironman, Eagleman. In early summer of 2007, I completed Eagleman. This accomplishment only led to bigger challenges – my friends convinced me I could do an Ironman. I signed up in 2007 to compete in the 2008 Lake Placid Ironman.

The thought of an Ironman both thrilled and scared me. The sheer distances involved, and the diversity of events, placed a whole new meaning on endurance. My "workouts" changed to "training;" it was time to get serious. With the help of many friends, including a dear friend and trainer and a triathlon coach, and the support of NV Racing, the beginning of 2008 was filled with early morning swims, long bike rides, runs, and everything in-between. By June, Lake Placid Ironman loomed on the horizon and had dwarfed all other events in my thoughts. Finally, July 2008 arrived, and I was in the mountains at Lake Placid looking over the smooth, mirrored surface of the lake. My doctors were concerned with the length of the endurance event and the stress I would be placing on my body. My family and many of my friends were there, some competing, others there to cheer us all on.

At last, the morning of the Ironman arrived. Like all difficult journeys, this event would not be easy, as the skies opened up and it started to rain. A little over fourteen hours later, through the pouring rain, I was on my last mile. Running beside my friend and trainer, I was on the last few steps of a very long journey, much longer than just 140.6 miles. I had run through the hours of pain, uncertainty, and fear brought on by my cancer. As I neared the end, I saw my parents at the finish line, waiting for me to take those last few steps, and I could only thank God for my wonderful parents and countless friends who supported me along the way. As I crossed the tape, I was told, "BethAnn Telford, you are an Ironman!" and I knew I would never give up.

"To live is to risk dying,

To hope is to risk despair,

To try at all is to risk failure,

But to risk we must, because the greatest hazard in life is to risk nothing!"

Brain cancer remains one of the most extraordinarily complex, virulent, and "orphaned" diseases. Survivors like BethAnn need innovative research to make it a manageable disease. Accelerate Brain Cancer Cure inspires new hope for a cure by using a results-driven business model to bring more treatments to patients, stimulate research and development, and otherwise support the accelerated development of new therapies for the disease. For more information, please contact Accelerate Brain Cancer Cure, 1717 Rhode Island Avenue, NW, Suite 700, Washington, DC 20036, ph: 202-419-3140 or admin@abc2.org.