

Sports Misc

# Latshaw takes philosophical view of racing

10-7-91

Triathlon (Santa Cruz)  
Sentinel

SANTA CRUZ — Quiet and soft-spoken, Sue Latshaw was philosophical about her first place finish.

"I win every time I race," she said, "as long as I do my best."

Her best Sunday morning in the Santa Cruz Sentinel Triathlon not only made her the best woman overall, but her time of 1 hour, 55 minutes, 6 seconds was also the best in the 9-year history of the event.

And Latshaw really does win every time she races — in Santa Cruz anyway, where she's won the Sentinel Triathlon all four times she's competed.

"I really don't win that often," said Latshaw, a pro triathlete who lives in Berkeley. "I am more consistent in the top three. So it's always exciting to win."

Her time Sunday beat her previous record of 1:55:22 for the 1-mile ocean swim, 23-mile bike ride and 6.2-mile run, was set in 1989.

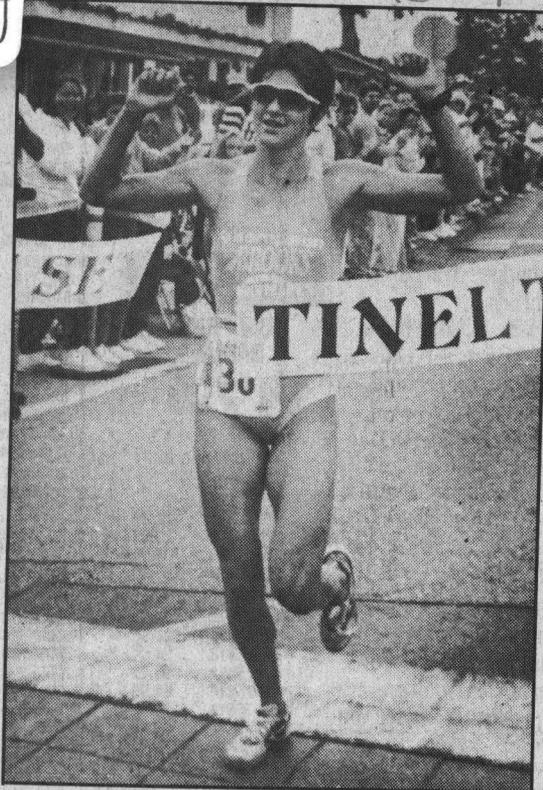
Latshaw, 30, who has come back to competition this year after a herniated disc wiped out her 1990 season, took control of the race about 5 miles into the bicycling course along Highway 1. By the time she completed the turnaround point in Davenport and raced back to the transition area at the corner of West Cliff Drive and Bay Street, she had a 2-minute cushion over Wendy Ingraham.

"I just tried to keep up with her," said Ingraham, a 27-year-old from Martinez, "but she is so strong."

Ingraham, who was first out of the water after the swim around the Santa Cruz Municipal Wharf, remained second through the second transition and held off pro Terry Schneider-Egger, of Watsonville, who was third. Ingraham's time was 1:58:19, while Schneider-Egger checked in at 1:58:47. Fourth was Krista Whelan, of Santa Cruz, in 2:01:22.

"I knew if I came off the bike first," Latshaw said, "it was mine — unless something happened."

Like when she stumbled in a sprint to the



Shmuel Thaler/Sentinel

## Sue Latshaw set women's record.

finish of the San Jose Triathlon earlier this season, ruining her chance to place second. But both her back injury and bad luck were no shows Sunday.

"I forgot how hilly the bike (course) was," said Latshaw, who should have remembered from her wins in 1987, 1988 and 1989.

"Everything went well," she said, noting the only difference she noticed from previous years was that competitors faced headwinds on their way back to Santa Cruz, instead of on the way up to Davenport.

Latshaw got off to a solid start in the water,

and enjoyed competing in a wetsuit. But she found herself surrounded with men participants and was swimming "in a big wake" on the way from the beach to the end of the wharf. She remained in a pack of men swimmers around the turn and was only about a minute behind Ingraham when they left the water.

"I always feel like a rabbit," Ingraham said of her typically good start. "It seems I get on my bike and people are always chasing me."

Like Schneider-Egger, who in a world tour event in Sweden this summer chased, caught and passed Ingraham.

"I wanted to catch you," Schneider-Egger told Ingraham after the race.

"I wasn't going to let you," Ingraham said.

Ingraham kept looking for Schneider-Egger, both at the bike turnaround and later at the run turnaround near Natural Bridges State Park.

"I remember seeing her at the (run) turnaround in Sweden," Ingraham said. "I wasn't going to let her beat me again."

Schneider-Egger said her time was better than she expected, given her current training schedule in preparation for the annual Hawaii Ironman.

"I didn't think I would go as fast as I did," said Schneider-Egger, who is putting in 40 hours a week of workout time. "I felt strong. Maybe I could catch her if there was another mile or so. She was out there like a carrot, but I couldn't quite grab her."

Although Schneider-Egger wasn't going to grab Latshaw, either, she had the Sentinel Triathlon champion thinking.

"I was looking for Terry on the way back (from Davenport), because she was the strongest cyclist here," Latshaw said. "I knew she was in shape and I was curious to see where she was going to be."

When Latshaw saw her, "She was uncomfortably close," Latshaw said.

Nothing as uncomfortable as the back pain Latshaw experienced in 1990.

But that seems to all be behind her now. And with another Santa Cruz race, and another Santa Cruz win, she's apparently at her best again.