



## Department of Biology

### **Diane Morgan...Ironman!**

Diane Morgan is a lab tech in Dr. Gene Delay's lab working on taste receptors using IHC +In Situ hybridization techniques for double labeling of cells.



On July 26, 2009 she completed the Lake Placid Ironman in 12 hours and 50 minutes. This event consisted of a 2.4 mile swim in Mirror Lake, followed by a challenging 112 mile bike ride through the Adirondack Mountains and 26.2 mile run ending at the historic 1980 Olympic speed skating oval with over 2200 competitors. She clocked 1:25 in the swim, a 6:37 bike and 4:30 in the run earning her a placing of 20<sup>th</sup> in her age group (W 45-49) and a overall place of 933 out of 2258.

“Going back to work full time at UVM after 14 years was very nerve-racking. Adding the endless hours of training per week was pure insanity on my part”, she says. Diane trained anywhere from 9-18 hours a week over the last year. Her training consisted of 30m – 100m bike rides, 7m-21m runs and countless laps in the pool with a few swims at Indian Brook reservoir.

Up at 3:45 race morning she tried to choke down her food but anticipation and fear took over her stomach. At the Olympic oval, she checked over her bike, pumped the tires and mingled with other athletes. She then dropped off her special needs bags on Mirror Lake Drive, put on her wet suit and headed for the water. The water was chilly and it started to rain. To top it off, as she was jockeying for a place to start the swim she smacked her toes into a rock. “They were looking and feeling pretty bad by the end of the day”, she moans. The gun went off and as she was being thrashed by other swimmers panic came over her and she decided it would be easier to just quit. After regaining her composure she finished the swim. She fought stomach issues on the bike and shuffled her way through the run. The rain ended quickly during the swim and the sun came out making it quite hot at times. She says she couldn't be happier with her time, meeting all her goals along the way and enjoying the support from family, friends and volunteers. “So many incredible people participate in this race”, she says. That night even though exhausted, she couldn't sleep, just too wired from the amazing day!