

Christa's Report No. 3 on 2010 Ironman Coeur d'Alene:

Barricades and road closures are progressing. The downtown corridor is increasingly harder to navigate. The park this morning was bustling. Several triathletes were still in the choppy waters in front of Ft. Sherman park this morning when I went by around 10. I believe today was a practice session on the swim course.

The Centennial Trail this morning was busy but not overcrowded. Most triathletes were friendly -- the mood was positive & supportive. A few cyclists gave the heads up that the Parks Dept was blowing debris off the trail and causing some hazards to be aware of. I overheard two different foreign languages on my trip to Higgens Point today. I heard more "hellos" today than ever before. I ended up getting sandwiched into a cycling paceline of Germans for about half a mile -- they seemed friendly. I was grateful I at least understood their handsignals and it didn't include their bird fingers.

Since yesterday there have been changes along Lakeshore Drive. Directional tape is down on the asphalt. The Centennial Trail is cleaner and has less debris. The gravel from the winter along the east side of Bennett Bay hill has finally been removed. There are numerous spotlights now in place along the road out to Higgens Point. An Ironman camera man was taping what appeared to be a triathlete (possibly military?) performing the color guard with the American flag. I believe this is played on the jumbotrons in the morning during the National Anthem.