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<https://erintaylortalcott.blogspot.fr/2017/12/2018-year-of-potential-firsts.html>

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2018, a year of potential firsts

2017 was a big year. A lot of amazing things happened. And some big frustrations. I'm thrilled with how the women's 50K is moving along. There's still more work to be done, but now that work is being shared by multiple hands. So along with racing 50K this year, I've got some other new and fun goals. A year of (potential) firsts....

This will be the first year I race a 50K in an IAAF Challenge race! Monterrey, Mexico is having a woman's 50K in February and I'm excited to be going to compete.

You know the Tour de France? Did you know there's a comparable race for walkers? The women's race is called Paris-Alsace. There are four stages that go from Wednesday evening to Sunday morning. The distances haven't been finalized yet, but they'll be something like: Stage 1, 10K. Stage 2, 34K. Stage 3, 224K (yes, you read that right) and Stage 4, 60K. No American woman has ever finished. I want to finish and be on the podium.

To prepare for this race I plan to race the USATF 100K road race championships. I'll race walk it against the runners.

After our 50K national championships in January I hope to be on the team for the World Team Championships, which will have a woman's 50K race. I think the US can have a really strong team and I hope to be a valuable member of that team.

In 2016 I earned my US Centurion badge by walking 100 miles in under 24 hours. In August I will attempt to earn my British Centurion badge by doing the same thing (hopefully faster) on the Isle of Man. the race will be held on the track and I will aim for a few records along the way. No American woman has earned more than one Centurion badge, so I want to be on multiple Centurion lists. My ultimate goal is to get on all the active lists, but that'll take a number of years.

I may race at the World Masters Championships in Malaga, Spain, but it's only about 3 weeks after the 100 miler so I may not be quite recovered yet....

Of course I'll fill in the holes with some races here and there. But this year is going to be a fun year. I'm going to enjoy myself, race as hard as I can, and work on getting as strong as possible. But the big goal will be to have fun. I love race walking. I love the people and the places I get to travel to and visit. The last few years of race walking have been stressful. Not this year! It's going to be a great year!

If you'd like to help me out, there's a few ways you can do so. First, just let me know you're rooting for me! it's always nice to know there are people out there who cheer you on and support you! Two, click on the ads on this blog. I earn money each time people click on the ads, so if everyone clicks a couple times it'll really add up! Three, if you need to purchase something online, please consider doing it through my online stores. I earn money back for things you'd buy anyway. Four, share my FB page and this blog with your friends. In the search for sponsors and such they look at how much online

engagement you have. So having lots of people like your page and comment really helps a lot. And last, just keep being awesome.

Happy training!

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