

## 5 Minutes with Bernie

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Introduction: Well I'm not sure how she did it, but it *was* a warm welcome...a government building...2 x guards...a security tag and a sign in...monitored gates to go through...but she nailed it. Thanks Bernie ☺ I **did** bring a couple of Cibo's with me (nearly gave it to the security guards as a peace offering).

**SB: What are the 'Bernie' characteristics that you bring into this sport? BC:** I think just being engaging. We're all coaches; learning from each other and giving to each other. Just being supportive whenever I can.

**SB: Do you feel you react to 'the pack'? Or is this all about a time trial against yourself? BC:** Neither really I guess I more aspire to be as good as... whoever that may be. I don't feel like I have to beat someone, but I guess I look at some people and think I'd like to be that good.

**SB: Is it a conscious decision for you to 'win' or 'try your best'? BC:** I don't go out to win, I go out to do my best 'on the day'. I go into a race to execute a plan. I don't have any issues if it doesn't pay off – unless I think it's my fault – but I know what I want to do and if something goes wrong I just work it into the new plan and keep going.

**SB: What got you into sport in the first place? BC:** Well actually it's because John didn't want any more kids. This is like having kids; **Training** (Bernie went a bit medical on me here, you'll have to get this in her own words...) **Race** is like Labour and the **Finish** is like Giving Birth. "Finishing an Ironman is as good a feeling as holding a newborn in your hands". I did ask her if **Registering for a Race** is like Sex (we had to stop laughing, we were in a government building...).

**SB: Best race ever? BC:** That would be in 2012 the solar eclipse marathon. There will never be another marathon that falls on a Solar Eclipse, the timing was just right for this. It was 31 degrees and 80% humidity in Port Douglas at the time...but it was an amazing experience.

**SB: Worst race ever? BC:** Not so much the 'worst race' just an 'unfinished' one. And that would be 2016 Ironman Busso. Being sick on the run and not being able to execute the race the way I wanted to, left me feeling like I still needed to do something – like a marathon the following week! I do some of my best marathon times after an Ironman race.

**SB: Best race experience ever? BC:** World Duathlon Championships was a fantastic experience! Even though I wasn't a Laker at the time, the amount of Lakers on Memorial Drive was so supportive "it made me want to run around twice".

**SB: What might we never know/guess about you? BC:** I'm clumsy (actually Bernie we ALL new this one!! Haha – police car doors taking you out, random signs jumping out in front of you...) I was at a formal work event dressed up in Gucci, matching shoes and handbag, the works and we were up at Belair – and there was a moat – I fell in the moat and no one could help me out because they were all laughing too hard...it just kind of follows me.

**SB: What's your funniest moment during a race/training? BC:** That would be 2015 Murray Man. I was last in off the bike and went in to rack it and everyone was waiting around to get into the bike

area to collect their bikes. I'm like "Oh Hi, everyone is here". (As we all know, her bike leg has improved a little since then).

**SB: What was your biggest 'Rookie' error? BC:** I'm not sure, I can't think of one at the moment. (That's ok Bernie, we'll ask you again after you've had a glass of wine...)

**SB: Last words? BC:** "This is a journey that you take yourself on".



Text by Susanê Belkhiati | Image supplied by Bernie Cummins (WonderWoman)