

Matthew Bach  
Hook Mountain Race Report - 4/10/11

Woke-up: 5:10 AM  
Breakfast: 5:20 AM (1 PB&J – 300c)

Hoboken to Rockland Bike:

Planned Nutrition:

1.5 x Clifbar = 345c

1 x 17oz Gatorade Mixture = 100c

TOTAL = 445c + pre-ride 300c = 745c (143lbs. x 2 = 286c/hr = race day goal...80% of race day goal = 229c/hr)

Hoboken to Rockland Bike				
Total Time	Total Miles	Avg. Speed	Avg. Cad	Actual Calories Consumed
1:52	31.79	16.9	84 (Megan's)	395c + 300c pre = 695c good

15-minutes before race: 1 GU (vanilla bean, chocolate outrage, jet blackberry) = 100c

Water pre-race

Mile 5 during race: GU = 100c

Mile 9 during race: GU = 100c

Water @ all but 1 aid stations, only able to swallow a little per station

Apparel: light open-pocket shorts, light weight long sleeve, indoor nationals singlet, champion black socks, achilles strap, Brooks ST iii Racers, sunglasses

Mile 1: 5:31

@ Mile 5: ~28:40

Mile 6 picked it up on beach flat to catch leader

Mile 9 suicide hill

@ Mile 10: ~58:30

Mile 11 suicide hill over

@ Mile 13.1: 1:16:11

1 mile jog CD, very very sore legs, put legs up for 10 minutes

Post 1/2 Marathon Nutrition:

1 plain bagel = 300c

1.5 bananas = 150c

0.5 x Clifbar = 115c

Total = 565c

Rockland to Hoboken Bike:

Hoboken to Rockland Bike				
Total Time	Total Miles	Avg. Speed	Avg. Cad	Actual Calories Consumed
1:50	30.94	16.9	83 (Megan's)	2 GUs, Gatorade + post ½ nutrition = 250 + 565 = 815c

Total calories consumed: 1,810

Total hours exerting: 5:10

Calories consumed / hr of effort: 350c/hr

#### Summary & Conclusions:

I ran a strong, and smart race. I ran the first mile in 5:31, felt very easy, but I knew that it would be tough to maintain that pace throughout so I eased up and focused on running relaxed, and keeping my heartrate down. I was in third place, running off the shoulder of second for the first mile but then he dropped back. First was 50-100m ahead throughout miles 2-6 but I stayed patient, knowing that either he would slow or that I could use the momentum from the downhill at mile 5 to catch him. I did the latter and pushed it from mile 6-7 on the beach flats to catch up just before mile 7. I continued the push to break him through mile 8 and then made sure to run suicide hill at mile 9.5 strong so as to not give him a chance to catch me. My nutrition was great, probably the best I've done as I took Gu before the race, at mile 5 and at mile 9. I felt strong throughout although my legs were very tired and even sore after the hills. Many things came together nicely and I was very happy with the effort and the result.

Legs very tired and sore after the race. I hobbled a cooldown, put my legs up and got some nutrition. The ride home was ok for the first 10 miles, then a struggle as the pace picked up. Gabriel got a cramp and I slowed momentarily to make sure he was ok, but then lost contact with Megan and Will. I couldn't close the gap and then got stopped at a light so I didn't see them again until Strictly.

Lesson: Did the best I've done with nutrition but could drink more fluids, mainly non-water. Also, the fatigue and soreness I've experienced will not be so severe as my training builds and I have more efforts like these.