

Matthew Bach
Timberman 70.3 Laconia, NH
8-21-11

Woke-up: 4:55am
Breakfast: 5:15am (2 PB&Js – 500c)

Weather: 60-80 degree range throughout race, partly cloudy, dry
Water Temp: 71 degrees

Apparel: Gold Coast Tri-Club two piece trisuit, BlueSeventy Reaction Wetsuit, Speedo tri-specific goggles, race provided swim cap, timing chip (left ankle), RXL Hilos, Lazer Aerohelmet, sunglasses, Brooks ST V Racers, no socks (blisters)

Race Statistics

SWIM

164th fastest overall swim (including everyone, pros and women), fastest pro at 23:54, most around 27
148th fastest swim (not including pros but including women) **32:30, 1:42min/hm**
26th fastest swim in age group (151 registrants, 132 finishers in 25-29 group)

BIKE

43rd fastest overall bike (including pros and women), Fastest pro did 2:07 or 26.42mph
34th fastest bike (not including pros but including women) **2:28:23, 22.65 mph avg**
10th fastest bike in age group brought me to 11th place

RUN

10th fastest overall run (including pros and women), fastest pro was 1:18, Chrissie W, male pro 1:20, male A 1:18
5th fastest run (not including pros but including women) **1:25:05, 6:29 pace**
3rd fastest run in age group, brought me to 5th in age group

OVERALL

20th fastest overall time (including pros and women), beat 2 of 10 Pro Males & 4 of 6 Pro Females
10th fastest overall time (not including pros but including women), 0 age grouper women beat me
10th fastest overall time (not including pros) **4:28:57 final time**, ~1,700 participants
5th fastest overall time in age group

Race Commentary

I would rate my race an 8 out of 10. Almost everything came together for me on the same day with a strong bike leg, great nutrition and fluid intake, strong run leg (though the time doesn't reflect it – long course?), and a decent swim. Aerobically, I felt the best I have in any Half IM thus far – I rarely felt out of breath or out of control. My taper worked great (as advised by Jared) – see training log.

My wave was one of the last (yet again) so I had to plow through people on the swim. I was relaxed, not too nervous, and the weather was perfect. The water was relatively calm. I did my best to stay on course and draft but strayed a bit. I gave it a good effort but still only swam 32:30, 40 seconds slower than at Rev3 in June. I utilized the wetsuit strippers. I peed twice in the wetsuit.

I felt great on the bike though the top of my right kneecap hurt due to hitting it against my bike one month ago. I was worried that I wouldn't be able to finish the race or perform but luckily it held up even through the run. I did a great job of staying relaxed and riding easy for the first 10 miles. I told myself ahead of time that that would be my plan because being so fresh at the beginning, going 22mph is very easy. It turned out to be even more of a blessing because the first 10 miles were almost entirely uphill. After the hills, I felt fresh and remember thinking about how fresh I felt, as though I had just gotten on the bike. From then on the course was relatively flat and surprisingly smooth (nicely paved) for most of the way. I had to work around a lot of people but I felt smooth and powerful. I had no computer to look at (broke a few days before) so I was riding on feel. I was riding back and forth with a

28yr old guy from the DC Tri club but with 10 miles to go I poured it on and never saw him again. I rose out of the saddle at the crown of the final hills. Even after 56 miles I felt relatively fresh. I dropped 4 minutes off of my bike leg in Rhode Island and was 13 minutes faster than at Rev3. My bike leg was still a good deal slower than all the people around me. I peed four times on the bike.

I felt great going into the run, which was relatively flat, two loops, and mostly shaded. My stride almost immediately fell into a rhythm and until mile 8, I was cruising, trying to keep my heartrate down and breathing controlled, and succeeded in doing so. At mile 8 I started to get an upset stomach and had to crap, badly. I did something against my nature by stopping (VERY quickly) in a portopotty to do my business. I think it took around 20 seconds, and I think it was well spent as it allowed me to go faster and more comfortably so. I took in water well by folding the paper cups and I used lots of cold sponges, towels and cups of water to stay cool (aid at every mile). I finished with a very strong kick over the last mile because I knew I was doing well. I was disappointed to hear I only ran a 1:25 but after comparing my effort to others, and seeing the pro's times, the course must have been long. I was not running 6:30 pace, the pros didn't run only 1:20s and I shouldn't have been the 10th fastest run including the pros with a 1:25. The threat of cramping was very minimal.

My final time was over 6 minutes faster than at Rhode Island and I was extremely happy to be under 4:30 at my goal race. Estimates and Actuals:

Swim	31:00	32:30
Bike	2:36	2:28
Run	1:21	1:25
Total	~4:31	4:28:57

After the race, I was temporarily nauseas, faint and dizzy, and wanted to go to the medical tent (Rhode Island recovery was great!). I was able to get in there and they gave me two liters of saline intravenously – my face felt tingly. Twenty five minutes or so after the race, my heartrate was elevated at 77, blood pressure at 124/78. Forty minutes after, my heartrate was 63. I drank 60oz of water and Gatorade in the tent. The days after the race, I feel like I'm fighting sickness as my body is run down. I'm very sore and my right knee is inflamed. My left Achilles acted up after the race but KT tape somehow helped it (?). Met Erik Reitingger (strong cyclist), I passed him on the run. Lauren, mom, stepdad, dad, stepmom, and Aunt Meri all came to watch. Race was very well organized – would definitely do this one again.

Nutrition Recap

Breakfast @ 5:15am	500c
1 GU Roctane just before race	100c
Shotblocks (Black Cherry - Caffeine) on bike	200c
Three GU Roctanes on bike (Caffeine)	300c
Drank 1 aerodrink full of Gatorade Pro (30oz)	150c
One water bottle from course (20oz)	0c
One bottle of Gatorade Pro on bike (20oz)	100c
One bottle of water on bike (20oz)	0c
Partial waterbottle from bike course (10oz)	0c
Water on run course via paper cups (30oz)	0c
Two GU Roctanes on run	200c

Calorie Goal: 4.5hrs x 270c/hr = 1215c
 Actual Calories: 1050c or 233c/hr

Fluid Goal: 4.5hrs x 30oz = 135oz
 Actual Fluids: 130oz

Nutrition Commentary

Coming into the race, I decreased my eating with my training and shed a few pounds to get down to race weight. Wednesday and Thursday, I began to carb load and Friday and Saturday I was in full carb load mode. I had a very large pasta dinner (6pm) the night before with vegetable marinara.

I had two peanut butter and jelly sandwiches with Martin's whole wheat potato bread for breakfast, my staple, because I didn't want anything to be different on race day. No ejected waterbottles or other nutrition! Masking tape holding the GU to the top bar worked very well because it was dry out. I also used a new strap for the Aerodrink and it was much more stable. The new cages I bought for behind the seat worked like a charm. I left a small (12oz) Gatorade orange in transition but forgot to drink it during T2. I felt mostly hydrated and I was able to get down all of the nutrition that I planned on taking in. I didn't have stomach issues until the run at mile 8. The temperatures were relatively cool. I want to consider salt tabs because I find that I don't absorb a lot of the liquids that I take in (I pee it out). I was diligent on taking in shotblocks and GU during the bike because I didn't want Rhode Island to happen again.

Summary & Conclusions:

- Mediocre swim, need to work here
- Strong bike though slower than all those around me
- Good run, course long
- Felt good aerobically
- Did a great job with nutrition and taking in fluids
- Medical tent was great – rehydrated and felt much better the day of, and day after the race
- Try salt tabs
- PB&J worked for breakfast
- Investigate how to prevent the GI issues I had