

Matthew Bach
Ironman World Championship, Kona, HI
10-12-2013

Woke-up: 4:45 AM

Breakfast: 4:50 AM (2 PB&B – 800c)

Weather: 75-85 degree range throughout race, sunny with periods overcast, humid, windy (but less so than past years supposedly)

Apparel: GC Tri two piece trisuit, Aquasphere goggles, race provided swim cap, X-Terra Velocity-M SwimSkin, timing chip (left ankle), Garmin 310xt in T1, puma socks T1, fresh puma socks T2, fresh puma socks run special needs, Chamois Butt'r, small amount of sunblock T1, Specialized Trivents, Lazer Aerohelmet, sunglasses, Brooks ST V Racers, Firecrest 404 front/808 rear, Ironman Louisville Visor

Race Statistics

Swim

407th fastest overall swim, **1:01:48, 1:36/100m**

37th fastest swim in age group (97 ppl in 25-29M group)

Bike

580th fastest overall bike, **5:06:58, 21.89mph avg**

54th fastest bike in age group

Run

814th fastest overall run, **3:44:51, 8:34 per mile**

65th fastest run in age group

Overall

620th fastest overall time, **9:59:48 final time**

59th fastest age group time

Race Commentary

Overall, I am disappointed with my performance (6.5/10) – there is no such thing as a good race with a poor run. Though I swam ok, and biked fast, I ran horribly because I was burnt out.

Swim

- Tread water for 20 minutes waiting for the cannon but saw it as a warm-up and used the time to look around and take in the incredible scene. Every part of the seawall was lined several people deep with spectators cheering loudly, helicopter flew overhead. Amazing energy
- First 15 minutes was like a barroom brawl. I was hammered by those around me, and I'm sure I did my fair share of hammering people too. I was on top of people (almost entirely out of the water) at a few points. I wasn't even close to parallel to the surface of the water as people were over my feet and I had to keep my head up so as to not get kicked or punched in the face.
- The fish were nearly all gone during the race, and it was hard to see anyway with all the white water
- After the first 15 minutes, it felt like the mass start at Lake Placid last year – still very physical but tolerable. Only after about 40 minutes did I feel like I could find space to get in a good rhythm.
- The way out felt much faster than the way in
- Though time seemed slow, it was non-wetsuit and the thrashing didn't help, and my time relative to those I competed against in Placid and Louisville was inline.

Bike

- Kept calm the first 10 miles before we left town on the Queen K. Hard to keep control when you're fresh, spectators are lining the Kuakini Highway, and many of those around you are hammering out of the gate
- Once up onto the Queen K, it was time to settle in, stay aero, take in nutrition, and hit my HR target. Those were all accomplished even though I was getting passed by a lot of people.

- Could feel the tailwind on the way out and it was evident in the pace averaging close to 30 for much of it while needing to focus just to keep the heart rate and effort level high enough.
 - First 56 was 2:22. Kept heart rate spot on 140-145 so as to prepare for the turnaround when I expected the lovely tailwind to be a hellish headwind.
 - Climb to Hawi wasn't as bad as my course preview when it was much windier and hotter
 - Descent had me out of the aerobars a fair amount (~25%) of the time as crosswinds pushed me around, but I was pretty aggressive and still felt great
 - Headwinds were manageable though it got worse during the final 25 miles on the Queen K
 - As I rode the last quarter of the bike leg, I felt great even into the headwinds, I kept my heart rate aerobic, I was passing a few people finally, I took the opportunity to take in more nutrition, and I did some math in my head. My preliminary ETA (30 miles out) revealed I was at least on schedule for the 5:20 that I had imagined. I was assuming a slower pace (18-20) for those last miles as I was still awaiting the headwind. It came but wasn't as impactful as feared. My anticipated finishing range went from 5:10-5:20 with 30 miles to go to 5:09-5:17 with 20 miles to go, and then to 5:06-5:10 with 5 miles to go. It was a very encouraging feeling to see such a fast time while still hitting my heart rate target.
 - Even though I PR'd by 12 minutes on the bike and went 5:06, I was passed by over 100 people
 - Heart rate monitor gave me some trouble in the first 20 miles, probably because of the salt water
 - Only a bit of sunscreen on left arm. They had a bottle in change tent but no volunteers putting it on you
- Run
- Forgot sunscreen. No volunteers to help put it on. The service was top-notch in every way possible except when it came to sunscreen!
 - Stayed in control right off the bike, ran first two miles at 7:15 with HR 148, felt hungry so I slowed and ate a mini-bonk breaker bar. Settled into pace after that, at around 7:40, and got passed by tons of people. I said to myself "hold back now, and you'll get them out on the Queen K when the race really starts"
 - Tried to find people to run with but as many people as there were around me, I struggled to find someone running my pace – most were going way too fast, and some were really hurting off the bike. Saw Lauren, my family, and Jared along Ali'i which was great
 - Run up Palani was tough, very steep, though the crowd there was great. Then turned onto the Queen K and there lie before us an eternal barren road with no Energy Lab in sight. This was the point where things got tough, the point where I told myself the race begins and that I would catch those people who passed me earlier, and the point where I didn't have what it took. In that instant, I remember feeling that the race was bigger than me. I felt mentally overwhelmed by the prospect of running 6 miles down the hot Queen K, running through the quiet Energy Lab, and running the 6 miles back to town. I wasn't feeling good mentally or physically, and I tried to get back on track using nutrition, but nothing worked. I had diarrhea and stopped 3 times to relieve the urge to crap in my pants, which I also did once. I walked through aid stations trying to drink and eat, thinking it would help. I looked like a zombie and several aid station volunteers asked me if I was ok. Miles 14 through 24 were the longest 10 miles of my life. The going got tough, and I didn't get going.
 - At mile 24, Jared was on the Queen K to greet me with words of encouragement. He told me to push it. I tried, but where there was usually some inspiration to draw from, I had none. I probably picked up the pace from about 11 to 10 minute pace. Then with 1 1/3 miles to go, he spoke the sole item that inspired me the entire run – "you've got ten minutes to ten hours." I did some quick math and figured I needed to run under 7 minute pace to break 10. It lit a fire under me and I took off, ran down Palani, the Kuakini Highway, down the hill on Hualalai and turned onto Ali'i drive looking like I was running the 3200. I crossed the line with 12 seconds to spare and according to the website, I ran my last mile in 4:54. I doubt its true, even though it was downhill.
 - Top of left foot hurt pretty badly (6) the last 6 miles. It had been hurting since mid-September due to the 200s I did on the track and then the fartlek that I did. Possible stress fracture.
 - Used tons of sponges, cold water, and ice to try to stay cool. Wrapped ice in tri-suit and rolled it against my stomach. I peed in sponges. I changed my socks after the bike and in the Energy Lab using special needs.
 - They wouldn't let me in the medical tent no matter how hard I tried. Said I wasn't bad enough.

Other Notes

- Vibe on Tuesday had already surpassed that of any other Ironman I've been to
- Expo was awesome – outdoors with palm trees all around. Every vendor was represented, and in their most grand fashion

- Didn't have my roller in Hawaii, and my legs missed it
- Walked from hotel to start (1.5 miles) with Lauren on race morning
- Body marking took a long time as there were lines to get temporary tattoos put on, but they looked awesome
- Had to get own gear bags and bike – volunteers were busy with all the other people around me
- Top of left foot bothered me to race day (prevented me from doing much running), on race day and beyond
- Extraordinary sunburn

Nutrition Recap

2 pb&b at 4:50am	800c
EFS, 1 scoop CP, 1 salt capsule in aerobottle (22oz)	300c
Perform, 2 scoops CP, 2 salt capsules in bottle (22oz)	400c
EFS, 2 scoops CP, 2 salt capsules in bottle (11oz)	200c
Water from bike course (80oz)	0c
ProBar taken in 3 pieces (miles 40-70)	390c
1 GU Peanut Butter on bike (mile 30)	100c
2 GU Roctanes on bike (miles 80 and 100)	200c
Bike Totals: 1590c, 4 salt capsules, 135oz fluid	

2 GU Roctane on run	200c
1 mini-Bonk Breaker Bar	100c
Water from run course (60oz)	0c
Perform from run course (26oz)	250c
Chicken Broth (6oz)	0c
4 salt capsules	0c
Hunk of bread	50c
3 orange slices	50c
1 Banana from course	80c
Run Totals: 730c, 4 salt capsules, 86oz fluid	

Calorie Target: 10hrs x 250c/hr = 2500c
 Actual Calories: 2320c or 232c/hr

Fluid Goal: 10hrs x 22oz = 220oz
 Actual Fluids: 221oz or 22oz/hr

Nutrition Commentary

- Hit nutrition targets well. Felt bad so blamed it on nutrition and tried to bring myself back using it, but it didn't work. The problem was deeper than that.
- Felt hungry at beginning of run even though I had eaten well on bike. Not sure why.
- Took advantage of feeling good at end of bike to take in some extra fluid/calories from my bottle and a GU Roctane above target
- Felt relatively hydrated though it was hot

Summary & Conclusions:

- Good swim, great bike, poor run = bad race (6/10)
- Mentally did not fight as needed. I was burnt out mentally and physical from doing 3 Ironman events in 2 ½ months. When the race required me to be uncomfortable, I didn't have the will to do it.
- Nutrition went fine. Rarely felt thirsty or at lack of calories. Was able to take food in even better than at Louisville. Might have taken too much in my effort to resurrect myself when it wasn't a nutrition problem.
- Time to focus on the bike, and I need to prove to myself that I can run again.
- I need to take some down time to spend with Lauren and rejuvenate mentally and physically.