

Matthew Bach
Revolution 3 – Half Rev Quassy
6-1-14

Woke-up: 4:35 AM

Breakfast: 4:40 AM (1 1/2 PB&B – 550c)

Weather: 45 at wakeup, 50 when entering water, 55 starting bike, 65 starting run, got up to 75. Sunny, dry

Apparel: Team Zoot two piece trisuit, Aquasphere goggles, race provided swim cap, BlueSeventy full length wetsuit, A&D ointment, timing chip (left ankle), Garmin 310xt in T1, white puma socks in T2, Specialized Trivents, Lazer Aerohelmet, new IM sunglasses, Zoot Ultra Race 4.0 racing shoes, Rev3 visor no race wheels

Race Statistics

(see Rev3 Quassy 2014 spreadsheet for more)

SWIM

9th fastest swim, **28:33, 1:29/100m**

Ultimate winner, Tim Maxon was ahead by 10sec

BIKE

14th fastest bike, **2:38:42, 21.17mph avg**

Off bike in 9th. Tim Maxon 2:32:42, Rich Burke 2:38:54, 12 of top 18 were faster than me, fastest 2:30:00

RUN

3rd fastest run, **1:19:07, 6:02 pace**

Brought me to 2nd place finish. Rich Burke 1:17:18, Todd Smith 1:18:28, Tim Maxon 1:23:43

OVERALL

2nd fastest time, **4:29:16 final time**

Lost to Tim Maxon, couldn't catch him, he swam the same and biked 6min faster

Comparison with prior years

	2011	2013	2014
Swim	31:50	28:23	0:28:33
T1	2:09	1:43	1:37
Bike	2:41:52	2:39:31	2:38:41
T2	1:11	0:54	1:18
Run	1:19:41	1:25:29	1:19:07
Total	4:36:44	4:36:00	4:29:16

Race Commentary

Overall, I am very pleased with my performance (9/10), gritting it out on the tough run course to nearly take the win. Couldn't catch the leader but it wasn't for lack of trying as my legs failed me after 11 miles at 5:53 pace to try to catch everyone. I felt like I was truly racing for the podium.

- Swim was great. Kept to the straightest line I ever have and felt pretty smooth and strong, very little thrashing, no chance to draft though. Happy with my time, just 10sec slower than last year when I was in very good swim shape, and 9th overall out of the water.
- I was a bit disappointed with my bike split given how much I think I've improved on the bike this year. I targeted 250w and hit it dead on, but it didn't equate to a faster bike split than last

year by very much (just 50sec). I didn't have race wheels whereas everyone else in the top 10 did. Last year, I knew I wasn't running strong, so I laid it out a bit more on the bike.

- 250w was definitely easier to hold during the race than during training.
- Run was great – mowed down most of the field and ran a strong time. Goal was to beat 2011's run time, which I did. I ran 5:53 pace for the first 11 miles and then slowed to 6:45 for the last two tough miles with sludge legs.
- I was happy with my transitions as they went smoothly, were faster than most, and were about the same as last year.

Other Notes

- Warmed up pre-race running 10-15 minutes with some race pace pickups and a couple of striders, then ~6 minutes of swim warmup (Earl's suggestions).
- I wasn't able to stay for awards and have requested that they ship them to me, including a cash prize of \$350. No Pros this year, just amateur prize purse
- I peed several times, but tried to do it in small enough amounts so that it wouldn't run down into my shoes.
- Didn't have race wheels, but if I did, it may have made the difference.
- Jumped in ice bath that Rev3 provided immediately after the race, and it felt good on the legs
- Had no issues with nutrition. Hard for it to go horribly wrong in such a short race. Tried to dial it down from past races so that I had just enough to get through it. Helped me avoid any GI issues on the run.
- Beat Rich Burke (9:33 Placid 2013, 9:25 Kona 2013, 4:06 Texas 70.3 2014)
- Lauren missed this race last year, but fortunately she was able to be a great support to me this time.
- No blisters for first time I can remember, using Race 4.0s with socks.

Nutrition Recap

1 1/2 pb&b at 4:40am 550c

GU Brew, 1 scoop CP, 1 salt capsule in bottle (22oz)-had 3/4 250c

GU Brew, 1 scoop CP, 0 salt capsules in bottle (22oz)-had 3/4 250c

Grabbed water on bike (20oz) 0c

2 GU Roctane on bike (1 caffeine mile 50, 1 not mile 40) 200c

Grabbed water on run (8oz) 0c

Calorie Target: 4.5hrs x 150c/hr = 600c

Actual Calories: 575c

Actual Fluids: 61oz

Nutrition Commentary

- I executed my nutrition plan well and never felt in danger of bonking. Slight hunger pang late in the bike and run.
- Been preparing to embark on MET with Nicci but haven't begun yet, though today I did try to eat less during the race based on some of the principles we spoke about. I wasn't willing to take the risk that my body wasn't quite ready to race on minimal calories, so I brought the total amount down, but not by much.
- Did not carb-load before the race. Smaller pre-race dinner and breakfast.

Summary & Conclusions:

- Race performance 9/10
- Swim maintained though not focusing on it
- Bike still needs work, use race wheels
- I can run again!