

Matthew Bach
Ironman Eagleman 70.3 2015
6-14-15

Woke-up: 5:20 AM

Breakfast: 5:30 AM (1.5 slices of Martin's Whole Wheat Potato Bread with ~4.5tbsp peanut butter total – 555c)

Weather: 75 and muggy at wakeup, 80s and sunny on bike (forecast was 75 and overcast), 90s and sunny during run with a heat index of 112 degrees (forecast was 80 and overcast with a chance of rain). Sunny with few clouds, humid.

Gear: 2015 Team Zoot two piece trisuit, Aquasphere goggles, race provided swim cap, swim skin, Chamois Butt'r, timing chip (left ankle), Garmin 310xt in T1, Specialized Trivents, Lazer Aero helmet, IM sunglasses (fell off at mount line), Zoot Ultra Race 4.0 racing shoes, Zoot race belt, 2014 Team Zoot visor, 47mm Corima front wheel, disc Corima rear wheel, CEEPO Viper (SRAM Force 12 components, ISM Adamo saddle, X-Lab rear mount, Gorilla Cages, Quarq Elsa powermeter 170mm crank, Look Keo 2 Max pedals)

Race Statistics

SWIM

67th fastest swim, **32:53, 1:42/100m**

Fastest swim was 25:46 by James Capparell. Pros were 26-29min. Most times looked ~5min slower than usual

BIKE

8th fastest bike, **2:12:54, 25.28mph avg**

Off bike 6min behind 1st amateur. Cody Beals biked fastest in 2:01:58

RUN

4th fastest run, **1:23:34, 6:22 pace**

Brought me amateur title by over 5 minutes. Only Cody Beals (1:19:11), Jordan Rapp and Aaron Church ran faster

OVERALL

6th fastest time, **4:11:42 final time**

Beat 9 of 14 professionals

Race Commentary

I am tremendously pleased with my performance (9.5/10) even though I missed all three of my time goals. The unexpected heat proved to be a game changer but I modified my race plan well to adjust for the conditions. I held mentally tough and it resulted in a fantastic place result taking first amateur by over 5 minutes and 6th overall beating 9 out of 14 professionals.

Race week: Earl and I decided we would do a full taper for Eagleman to have me race at my peak. It's my second biggest race of the year and I wanted to have a big performance. My volume dropped dramatically, and fortunately it did, because I had a lot going on the week before the race to get ready, including a Webinar with UCAN on Wednesday night.

For the past couple of months since I got my CEEPO I've been having trouble with the power meter. Sometimes it works, sometimes the value goes away entirely or gives me inaccurate data. I took it to Joe on two different occasions and it seemed to be fixed but subsequently broke again each time. This issue continued straight through to the race and loomed in my thoughts. Joe tuned the bike up and put race wheels on it. I wanted to race on a disc, so Joe put a set of Corimas on the bike, the rear being a tubular, which I've never raced on before. He showed me how to use Vittoria Pit Stop, which is a sealant/inflator

for when you get a flat on a tubular, and I picked some up from Hilltop Bicycles in Summit. I was a bit nervous about racing on wheels I've never ridden, and about the tubular disc, but got myself to be fairly comfortable with it before race day. I noticed a slight "wobble" to the wheel when I saw it in the shop but Joe said he and Kevin Portmann rode those wheels and didn't notice anything.



Leading into races, a lot of people ask "are you ready?" and the only true thing I could say in response was "yes" because I couldn't think of any reason why I shouldn't perform well on race day. My training went really well, especially the two "Blow it Up Brick" workouts I did where I tested my limits. The idea, that we came up with after IMMD last year when planning for this year, was to ride at a target of 90% of my FTP outdoors starting at 5:30am for 56 miles to try to blow my legs up for the 6 mile hard run that followed. In my first attempt, I targeted 280w for the open road, but after all the turns/stop signs/lights/potholes/descents, etc, my avg power was only 262w, or 84% of FTP. I transitioned very quickly and ran 6 miles at 5:42 pace. Mission failed. For my second attempt, Earl and I decided I should still do it outside (rather than on the trainer), but that I would target 300w on the open road so that my average would be closer to 280w, the true target. I hit it much closer with 275w NP for 56 miles, clocking a 2:34 split for 56 miles vs the prior week's 2:42. I ran 6 miles immediately off the bike and hit 5:46 pace. Mission still failed. I didn't find my limit, which was the goal of the workout, but at least I knew where my limit *wasn't*, and it meant that I could confidently bike at a much higher wattage number than originally planned at Eagleman knowing that I could still run well after biking at near 90% of my FTP.

Injury-wise I had a little tightness in my left groin lingering from a pull I had during a run a few weeks ago that occurred because of overdoing it in some strength work the day before. Josh treated it twice and it's almost 100%, but still slightly tighter than the other one even though I've been stretching it 2x+ daily. I'm not worried about it.

I made a conscious decision in the final three weeks to allow my weight to drop from 149lbs to 146lbs on race day. When my blood sugar is stable using MET, I don't have the ravenous hunger that I used to have, and it makes it far easier to eat three normal-sized meals per day rather than the 3 huge meals + snacks I would have pre-MET. Also, it's calming to know that what is coming off my body is fat and not the muscle that I want to retain for power on the bike.

Lauren babysat for some family friends on Friday evening while I did my last minute preparations for the race...shaving (full body shave for the first time including chest, armpits and stomach), packing, and getting the bike fully prepped. Saturday morning I made my sodium loading concoction while Lauren packed and we left at 8am. It was a 4 hour drive, including one stop, and we arrived at Sailwinds Park for packet pickup at noon. It went very smoothly though I wasn't able to meet



Michael Foschetti from First Bourn or Sarah Piampiano, a pro who used to work in finance at HSBC with Clyde Wardle and Rich Burke but made the transition a few years ago. After that, we met our homestay hosts and gave them a bottle of wine and an apple crumb cake from Natale's, a local Italian bakery in Summit, as a thank you for having us. Lauren was nervous about the homestay because she doesn't want to intrude, but she loved our stay with Fred and Sally! They were absolutely amazing...such friendly, generous, personable, and delightful people. They have a beautiful home situated just a quarter mile from the start/transition/finish with a particularly picturesque garden in their back yard that has been featured in magazines. While we were there, they lent us keys to the house and garage, offered all sorts of food and beverage, engaged us in some great conversation, and were generally some of the nicest people we've met. We had a room to ourselves and they gave us full control over the thermostat, which I appreciated because

they had it set at 78 degrees, but I like it at a temp more like 66. After meeting them, I did my short race-prep run/bike/swim and checked in my bike to transition. I calibrated the power meter for the ride and the power numbers seemed accurate. We went back to the house and played cards and relaxed with Fred and Sally. Fred was so nice as to drop us off at Jimmie & Sooks for dinner and pick us up again so we didn't have to worry about parking or walking the $\frac{3}{4}$ of a mile each way! After dinner, I began drinking my sodium loading mixture while we sat and chatted with Fred and Sally. Sodium Loading is a new experiment for this year, a suggestion from Nicci because I have 2 hot goal races this year with Eagleman and Kona. The idea is to delay dehydration during the race by increasing your blood plasma through drinking a mixture of water, juice from an orange and a total of about 4000mg of sodium over the course of 3 hours the night before the race and then 1 hour on race morning. I practiced this once in training before one of my "Blow it Up Bricks" to feel the effects. I thought I would have been up all night peeing but the sodium helps the body retain all the fluid and I had no problems. I got my gear together for the morning and went to bed at around 9:30pm, later than I usually would before a race but I didn't have to get up until 5:20am. I slept well.



Pre-race: Woke at 5:20am, got dressed, ate, woke up Lauren, and collected my gear. We left for transition by foot at 5:45am and arrived a bit before 6am. Pumped tires, set bike to proper gear, paired to the power meter and tested to see if the numbers seemed reasonable (they did), attached shoes to the bike and held them in place with rubber bands, placed the UCAN bottle down beneath (was worried it would eject if I put it in the rear and leave me with nothing), left rear right cage free, had bottle with Pit Stop in it in my left rear cage, looped sunglasses on bike cables, placed helmet on bike with watch in it, set run shoes on the ground with my race belt and visor. Throughout this, I took the last 4 doses of my Sodium Loading mixture.

I heard the announcer say it would not be a wetsuit legal race so I took out my swimskin and gave the wetsuit to Lauren, who was awesome enough to take it back to the house along with the pump, warmup clothes and other items I wouldn't need for the race. I was fine with no wetsuit because it would give me a chance to practice swimming in just a swimskin before Kona. My bike was racked in the AWA section so I was close to Jared and Josh Tootell, and also to John Potter, who I didn't know was doing the race. I introduced him to Lauren, and then John began talking to the guy next to Lauren, who turned out to be



Mark Holowesko! I had emailed him twice before without a response, so it was insanely coincidental that he was there (cheering on his son), knew John Potter, and was standing right next to Lauren. What a great opportunity to shake his hand, and hopefully he'll respond to the follow up email I send him after the race. This was my chance to show him what I'm made of. John Potter poked at him for not responding to my emails, and I asked him about the Island House Tri he's sponsoring, said it was exciting and great for the sport. He took that as me trying to get a spot in the race and kept emphasizing how exclusive it was and that it was going to his sponsored athletes and then to the top finisher at Kona, the 70.3 WC, and ITU winner.

I left transition at the last minute, because I knew I had so much time until my start at 8:16am. Lauren and I hung out by the mushroom playground for a while. It was overcast, muggy, and warm. I went for a 10 minute warmup run with some race pace pickups and a strider but since it was so hot and I was sweating so much, I cut it to 7 minutes or about 1 mile then

returned to Lauren to give her my warmup shoes to take back to the house with the other stuff. While she did that, I drank my shot of UCAN at around 7:30am, had 1.5 caffeine pills, did some dynamic flexibility and relaxed in the shade now that the sun had come out. When she returned, we went closer to the swim start and sat with Justin Model, Caitlin Mooney, David Cohen and his girlfriend Karen (fast swimmer). Justin had already finished the swim but wasn't continuing with the race so he gave me a heads up about the shallowness of the water from buoy 6 until the end (last 400+ yards). Finally, 1.5hrs after the male pros started, it was time for me to race!



Swim: I found a spot near the front for the in-water start at the end of the boat ramp. There was some confusion as our wave was supposed to go off at 8:16am and yet the announcer said "45 seconds" at 8:09am. Then another countdown of "10 seconds" and we were off early at 8:10am. I got out hard and tried



to find some fast feet to settle on. I found a pair but it was short lived because we came up on the back of the previous wave and there was a ton of traffic to swim through. I swam wide most of the time to avoid swimming over people and having to deal with the contact, but I think it cost me a fair amount of time traveling that extra distance. The buoys weren't in a straight line because of the currents which didn't help when it came to swimming the fastest route. I focused on the timing of my stroke (3/4 catchup), using hip rotation to power my stroke, and on keeping my head down and hips up in the water. Those are the three things I've

focused on most since swim camp in January and I think I've made progress. I felt good in the water but the time didn't reflect it. Near the end at buoy 6, it got very shallow as Justin said it would, so I used it as an opportunity to dolphin dive and eventually run through the knee-high water. There was no timer coming out of the water so I had no idea what my split was (32:53). It's a good thing I didn't know because I would have been disappointed without having known how slow everyone else's times were too. Looking at the results, everyone was around 4-6 minutes slower than usual, including the top pros who only swam 26-29 minutes. That said, this is an area of improvement for me as I need to close that gap in order to stay in the game with the top professionals.

T1: I had a fast T1 in 1:11. Swift and no unnecessary movement. I took off my swimskin, goggles and cap and threw them down by my bike. I put my watch and helmet on and ran with my bike, shoes clipped in and rubber banded. At the mount line, my sunglasses fell off my bike cables and I lost them. Tried to get them from lost and found after the race, but no luck ☹️.



Bike: Prior to the race, Earl warned me that my time may not be as fast as I want because of all the traffic I would need to ride through. This was a good thing to hear because it curtailed my expectations. On the one hand, I had the "slingshot" or "leapfrog" effect of being able to ride up the back of faster riders (hence temporarily legally drafting) before going around. Most riders were going too slow for it to make sense to tuck behind them at all. On the other, I had a ton of traffic to ride through meaning a.) aid stations were a mess, had to slow, sometimes couldn't get water b.) I had to slow or risk crossing the center line sometimes because riders were blocking the whole lane c.) I had

to risk passing on the right periodically when a sole rider was riding down the center line and wouldn't move over d.) I had to keep my head up to avoid accidents and yell "on your left" the whole race. My goals were to ride at 280w NP, be safe navigating the hundreds of athletes I would be passing, and to gun for a 2:10 split to give myself a shot at a sub-4hr race.

My next challenge arose when I pedaled at what I thought to be race watts and saw my watch reporting 360w. It remained that way for several minutes and I knew for sure that my power meter was wrong. There's no way I would be able to hold 360w that comfortably. I tried to recalibrate twice but both times the watch came up with an error. I was on my own. I knew this might happen given the issues with the powermeter and bottom bracket leading into the race so I was ready for it. I had HR to guide me and would mainly ride by feel.

Seeing my first three 10 mile splits of around 22-23 minutes gave me a boost as that would put me on target for around a 2:06, and my legs still felt great. The forecast said it would be 75 and overcast on the bike but at mile 30 I found the sun was out and it was definitely warmer than 75 degrees. I started overheating and had a tough time keeping it under control even though I would grab one cold water bottle at the beginning of an aid station and spray it all over my body, then grab another one before the end of the aid station to use for the next 10-12 miles till the next aid station. I found I would be dry a couple miles later, I'd spray down and drink some, and then do that once more a couple of miles later but then have an empty bottle for the next 5-7 miles and a dry body gradually overheating again. On the way back into town on Egypt Rd, there was a slight headwind and I also allowed my pace to drop so as to not overheat too badly, especially as my legs were fatiguing a bit and the effort was getting harder to sustain. My HR was also a bit high given my wattage and perceived effort. My 10 mile splits went up to around 24-25 minutes. At mile 40, I intended to have my bottle of UCAN and caffeine pill. Unfortunately, I missed getting a water bottle at the end of the last aid station, which caused me to overheat even more until the next station. I decided to wait on taking the UCAN until after the next aid station (around mile 50) as I would want water to wash it down. The UCAN and BCAA tasted a little funky given how long it was sitting out in the heat before I drank it. The last 20 miles of the bike was where I realized that our weather reality would be different than the forecast, and that a sub-4hr race was going to be out of the question.



For motivation through mile 40 I kept telling myself "give yourself a chance at 4 hours. If you don't ride as hard and you ride a 2:15, you have no shot, so just do it and worry about the run later." That changed around mile 40 though, when I realized how hot it was and that the run wasn't going to be a fast one. Instead I worked on being efficient and managing the heat. Throughout the bike I was telling myself positive affirmations like "you are durable" and "remember those Blow it Up Bricks where you couldn't blow yourself up – you are strong."

During the 20-30 middle miles of the race, there was an official on a motorcycle handing out penalties left and right. I've never seen so many – I think I personally witnessed a dozen or more, and it was a good reminder that I needed to be very careful not to give the referee any reason to penalize me.

Throughout the ride, I could feel a slight wobble from the wheel due to the tire not being seated properly on the disc, the issue that I had noticed in the shop. No idea how much, or how little, that affected the bike's performance.

There was one rider who passed me and ended up putting a gap on me, not sure who it was, but it might have been James Capparell, 2nd amateur. That would have been weird though considering he was so far ahead of me after the swim (he had the fastest overall swim of 25:46 and was 7 minutes ahead of me). I

suspect he may have had a mechanical causing me to pass him, and then he rode strong after that, repassing and putting 6 more minutes on me.

I peed once on the bike, leading into transition as I didn't want to have to deal with that on the run.

I noticed later in the bike that my ankles felt fatigued.

Having inaccurate power numbers allowed me the ignorance to go out a bit too hard. I believe the numbers were consistently high by about 50 watts, and even though I can't use the absolute wattage numbers, I can use the relative numbers from the race and see that there is a definite downward trend due to a combination of going out too hard, fatigue, the rising heat, and my decision to be more conservative after I realized the heat was there to stay.

0-10 miles: 23:05 / 290w* / 169HR / 87
10-20 miles: 22:16 / 281w* / 167HR / 88
20-30 miles: 22:25 / 271w* / 164HR / 89
30-40 miles: 24:04 / 258w* / 161HR / 91
40-50 miles: 24:40 / 260w* / 160HR / 90
50-56 miles: 15:44 / 250w* / 158HR / 87

Overall: 2:12:54 / 270w* / 163HR / 89

*Approximation based on an assumption that power data is consistently 50w high

Link to TrainingPeaks data here:

<http://tpks.ws/yyNI>

The 2:12:54 split represents a big PR for the 56 mile bike leg. For perspective, I rode back to back 2:21s at IMMD and last time I did Eagleman in 2012 I rode a 2:24. I never looked at my overall time until 1 mile to go, and when I did and saw 2:09 I was a bit upset because I knew I'd be off my 2:10 mark, but given the heat, it's not a bad result. In the future, I will ride more evenly and hopefully will have the opportunity to push it in the last 20 miles rather than back off. I know I can ride under 2:10.

T2: another pretty fast transition in 1:10. I left the shoes clipped to the bike, racked the bike, threw my helmet off, put my running shoes on and grabbed my race belt and visor as I ran out of transition.

Run: I immediately felt the heat bearing down on me and as I left transition I heard the announcer say "the forecast said it would be 80 degrees and overcast with a chance of rain, but we've been surprised with 94 degrees, sunny and a 108 heat index!" and I promptly reset my expectations regarding time. I originally went into the race wanting to run sub-6min pace for a ~1:18 half marathon split, but after hearing that, I said to myself "don't even look at your watch, you'll just be disappointed by the slow pace and high heart rate." I ran by feel and tried to keep my core temperature under control in the baking sun. I later found out that it only got hotter and reached 96 degrees and a 112 heat index! Memories often fool us, but I don't even remember Kona feeling as hot as this race course was. For the first 3-4 miles of the run, my VMOs (lower quads just above the knee on the inside) were not quite cramping, but threatening to cramp, like they could at any moment. It subsided after a while



though. Will have to talk to Nicci Schock and Josh Grahlman about whether it was sodium, dehydration, a muscle imbalance, or just fatigue.



I had not even been focused on my place relative to my age group or the other amateurs because of the wave starts, but shortly after leaving transition, I heard Dave Doherty yell to me that I was 6 minutes behind the leader in my age group. I couldn't believe it! After what I thought was a decent swim and a decent bike, I figured I'd be in the lead or at least within a few minutes of the leader, but 6 minutes sounded like a lot to overcome. I said to myself "anything can happen, especially in this heat" and just focused on running my race. If I ran as hard as I could and still didn't catch the guy, then he deserved to beat me.

I hit the first aid station, which was swarmed with athletes, and tried my best to get my hands on as much water, ice and sponges as I could. I ran through all of the aid stations, except for walking about 5 steps through the last one, and it made it challenging to get my hands on enough. I would dump water over my head, ice down my pants, sponges in my tri suit, but after all that, my core temp would barely drop and I'd be dry again just a quarter mile down the road. I would then have to run another $\frac{3}{4}$ of a mile or more until the next aid station while my body temperature rose and my skin became ever more crisp. If it were up to me, I would have liked to have aid stations every $\frac{1}{3}$ of a mile!

I had my watch set to take a split every mile, but I noticed that it wasn't vibrating or beeping. I wrote it off to a setting I had in the watch, but it turns out I had never even hit "start" when I left transition, so I have no run data, and since I barely ever looked at my watch, I have little to no idea what my heart rate was like or the progression of my mile splits. All I know is that I ran 6:11 pace on the way out, and 6:33 pace on the way back for a 6:22 overall pace, according to the IronTracker. By how I felt, I believe my HR must have been in the 170s and maybe even into the 180s, especially over the last 5k where I pushed it and drove my body temp up to dangerously high levels.

During the run I saw the lead pro men and women, and cheered on Sarah Piampiano when I could. They were finishing their race while I was starting. I also saw Jared at his mile 9, and he looked like he was cruising strong. I used that as motivation saying to myself "Jared is here looking good. Don't let him beat you. He's tough in the heat, you need to be tough too." Another thing I used for motivation was "this is your only chance to show Holowesko and Sarah Piampiano that you mean business." Another was "you biked a nice split, now show everyone that you didn't bike too hard, that you can still run great." I repeated positive affirmations like "you are durable" and "strong, smooth, efficient." Even though I knew I was running slow, at what sometimes felt like Ironman pace, I listened to my own advice and kept giving it everything I had even when things didn't seem to be going right. I had to convince myself that everyone else was suffering from the conditions and that my pace was fine. I also thought to myself that I will be majorly disappointed if I "throw in the towel" so it's not an option – you are going to hurt until you finish, so you might as well run fast.



Finally reached the turn around and after a bit I passed someone in my age group and figured it must be that guy who was beating me by 6 minutes. Caught him! He must have been having an even tougher time in the heat than me. It turns out I gapped James Capparell by over 5 minutes in the last ~5 miles and we would take 1-2 in the amateur race.

Two weeks before Eagleman there was a heat wave that caused me to begin to acclimate to the heat, but then the week of the race, temperatures dropped to unseasonably cool levels (60s and 70s high) and cancelled the effect. I didn't feel as though my body was acclimated well to the heat, but was pleased to find that I didn't feel overly dehydrated either, especially given how little water I drank in such conditions. I suspect Sodium Loading played a role in that. I didn't have the salty taste in my mouth that I had when I tested Sodium Loading two weeks ago, maybe because I used a bit less salt, or maybe because it was so much hotter and I was sweating out the salt, or maybe because I was drinking more water than I did two weeks ago when I only had a half bottle of water on my bike. Since there seems to be little to no downside to Sodium Loading, I will do it again for Kona, as there may be upside to it.



From miles 8-10, time seemed to slow down as it felt like an eternity to get from one mile marker to the next. I started to lean into it over the last 5k and allow my heart rate and core temp to climb. My cognitive ability started to falter at that point, and my awareness began to drop. Most of the race I felt pretty sharp, probably due to the caffeine, but late in the race when I started to really push it, the overheating overrode the caffeine. I tried to turn my legs over faster and get up on my toes, using some of the speed work that I had done in preparation for this race, but the body didn't seem to respond. I saw Fred, Sally and Lauren near the finish line, and they cheered for me. I crossed the line and was immediately propped up by a volunteer and brought to the med tent, without even stopping by to see Lauren. I was totally out of it, barely able to see or speak. They laid me down and put an IV in right away, took my blood pressure (something like 98/54) and heart rate (in the 90s). My blood pressure went up to 108/58 and my HR down into the 70s after a while. I didn't wear socks in my Zoot Ultra Race 4.0s and it was a good decision as my feet only have a few minor blisters. I didn't know what my run split was, or my overall time, or place, but I almost didn't care at the time because I couldn't think straight and I didn't want the "bad news" that was sure to come. Given how slow my times were, I expected to not have won the amateur race, which was one of my goals going in. After a while in the med tent and two bags of IV, they moved me to the sitting area where I was to finish my recovery and bag of IV. Lauren was nearby and she said I was first amateur!! I was totally stoked to hear it and choked up a bit. It was validation that the conditions were as tough as I thought they were, and that I really did put in the effort I thought I put in. She said my run split was a 1:23 and I was initially disgusted, but given the conditions, I'm actually not upset about it. It was the fourth fastest run of the day and the fastest pro (Cody Beals) only ran 1:19. When I finally left the med tent, I gave her a big hug and thanked her for being such a great IronWife.



Run Statistics: Not available from watch. Accidentally did not start watch at beginning of run and never looked at it (intentionally).

Overall: 1:23:34, 13.1 miles, 6:22 pace



After the Finish: Looked around for friends who had done the race but barely found any, grabbed food from the athlete tent but the only thing there that had any protein was beans. Eventually got my bike from transition, checked to see if I could find my sunglasses at the mount line (no luck) and walked back to Fred and Sally's to report on the race and take a shower. I realized how sunburned I was (see pic)! We hung out for a bit and ate some of the roast turkey that Sally cooked, drank a Blue Moon, and had a few sweet potato chips. We went back for the awards ceremony at 3:30pm where I was to receive the age group award, get a pic on the podium, and hopefully meet Sarah Piampiano and see Mark Holowesko again (no luck). I did get a chance to meet Jordan Rapp and Thomas Gerlach, who I was introduced to by Dave Doherty. Being out in the sun again was rough! It was still so hot, and we were sweating even standing/sitting in the shade.

I had over 200 emails, 100 Facebook notifications, 10 Twitter notifications and a couple of missed calls. I guess people were following! This is a very exciting time and I'm stoked to be able to add this performance to my Resume.

Nutrition Recap

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| 5:30am: 1.5 slices of Martin's Whole Wheat Potato Bread with 4.5tbsp peanut butter total | 555c |
| 7:20am: 1.5 caffeine pills (300mg total) | 0c |
| 7:30am: "Shot" of lemonade UCAN (1.5 scoops in 6oz water, BCAAs too, only drank 2/3) | 80c |
| Bike: 3.5 scoops lemonade UCAN, BCAAs, 1 salt capsule in bottle (drank 85%, 20oz) | 238c |
| 1 caffeine pill (200mg total) | 0c |
| Water throughout bike (estimate 30oz) | 0c |
| Run: Water throughout run (estimate 20oz) | 0c |
| Calorie Target: | 240c |
| Actual Calories: | 238c |
| Actual Fluids: | 70oz (only an estimate) |

Nutrition Commentary

Nutrition for a 70.3 is tremendously simple now that I'm fat-adapted and using UCAN. I made a plan, that Nicci approved on the first go, and executed it almost exactly as planned. The one minor mistake I made was deciding to have 1.5 slices of bread with an extra 1.5tbsp of peanut butter. It was a last minute decision, but not in the original plan, and I did it because the race for me started so late, at 8:16am and I wanted to make sure I wasn't hungry leading into the race. It turns out the extra half slice was a bit too much, and I felt a little too full. My stomach felt heavy when I took the shot of UCAN pre-race and that's

why I only took 2/3 of it. It wasn't so much that it affected my race in any dramatic way, but something I noted to myself as it was happening. For my next 70.3 I'll need to stick to just one slice. For Kona though, I'll still need to have more, probably 2 slices. With the ~3 scoops of UCAN on the bike at around mile 45, I didn't feel overly full, and I never felt like bonking even during the hot run.

I took 1.5 caffeine pills an hour prior to the race and one during the bike to be sure I was mentally sharp for the run. I did feel sharp during the whole race until the last 5k of the run when my cognitive ability began to fade as my body temperature rose with the effort increase. I used masking tape to tape the caffeine pill to the bike and it worked fine though it crumbled some and left powder on the bike making it look like I was snorting crack.

This was the first race I've done using Sodium Loading, and though it's tough to compare apples to apples, I think I would have been very dehydrated, to the point where it really affected my race, without it. I felt like I needed more water on the bike, and especially the run, but I ran through aid stations (except for one where I walked 5 steps) so I wasn't able to get enough water down my gullet because I was focusing so much on getting my core temp down by using the water/sponges/ice on my body. That said, even without being able to drink much, my body didn't shut down on me because of dehydration, and that may be a testament to the Sodium Loading's effects.

My pre-race meal was at Jimmie & Sooks where I had the spinach, goat cheese and lump crab meat salad, followed by citrus glazed salmon, a sweet potato with cinnamon and butter, and black beans.

I did an Incremental Metabolic Efficiency test on the bike with Nicci the week before Eagleman and had some great results. My cross over point was at 280w and I burn over 60% fat at target Ironman pace.

Summary & Conclusions:

- Race performance 9.5/10
 - o Key Takeaways: strong effort even in the face of a series of challenges and surprises led to an awesome place result even though my times were off the mark.
 - o Biggest improvements would be from having a working power meter and to pace more evenly on the bike, and to be better acclimated to the heat.
- Need to work on my swim to stay competitive with the top pros.
- I had an 8min PR on the bike, and 17min PR for the half Ironman distance
- Blow it Up Bricks gave me the confidence to ride hard knowing I was durable enough to run well after riding beyond what I believed to be my limit.
- Sodium Loading seems to have helped delay dehydration
- Caffeine dosages and timing worked well
- Ate too much for breakfast (should have just had 1 slice with PB) but had less of the shot of UCAN and bottle on the bike to compensate for it.
- I stuck to my own advice of hanging tough even when you don't think things are going well.
- This was the huge result I was looking for, proving that I can compete with the Pros, dominate the amateurs, and that IMMD wasn't just a fluke.
- Time for a break to recharge my mental batteries, and then the Kona build!

