

Matthew Bach
American Zofingen Iron T.T. Race Report
New Paltz, NY
5-19-13

Pre-Race Dinner: Pasta Primavera

Woke-up: 6:00 AM

Breakfast: 6:15 AM (2 PB&B – 600c), 2 salt capsules, water

Race Time: 8am time trial start

Weather: 58 degrees, light rain throughout

Clothing: Under Armour base layer, cycling jersey, GC tri bottoms, Trivents, Swiftwick socks, Lazer aerohelmet, sunglasses, racebelt with number

Planned Race Nutrition:

250c/hr X 6hrs = 1,500c

Aerobottle with 2 scoops EFS, 1.5 scoops CarboPro, 1 salt capsule	340c
Waterbottle with 2 scoops EFS, 1.5 scoops CarboPro, 1 salt capsule	340c
1 Larabar	190c
1 Clifbar	240c
1 banana	100c
On-course Hammer Heed and water as needed	~100c
Gels as needed (Gu Roctane)	<u>100-500c</u>
Total	1,410-1,810

Actual Race Nutrition:

Exactly as above. Took 2 gels laps 3 and 4, and one bottle of Heed that I had half of. Total of 1,500c

Race Statistics

6:35 overall time, 16.9mph avg

Loop splits were 1:32,1:34,1:41,1:47

5th Overall. 80 registered, X started, 15 finished

Race Commentary

I would rate my race a 6.5 out of 10. My biggest fault, and it's a big one, is that I went out too fast. I felt fine on the first two loops but I fell prey to the accumulative effect of repeatedly going up and down monster hills at too hard of an effort. On lap 3, when I hit the first long hill up the Gunks, I could feel the fatigue in my legs and was struggling to imagine doing it again. On the monster hill up to Minnewaska on lap 3, I was going less than 3mph at one point, barely able to stay on my bike as my legs tingled in a way that I've never felt before. I hit my nutrition spot on and never felt at risk of struggling because of a lack of nutrition or fluid.

My goal until Saturday was 5:30 as I figured the extra hilliness would be overcome by the fact that I could go all out without having to worry about a run afterwards as I did at Placid where I went 5:29. On Saturday at the packet pickup, I spoke with a guy who tempered my expectations, and I changed my pre-race goal to under 6 hours. When I went through the first lap in 1:32, I knew that was totally unattainable and hoped to go under 6:30.

In the parking lot by the finish line at the Jenkin's-Leukin Orchard, a guy in an all-pink speedsuit (who I nicknamed Mr. Pink in my head) threw his bike up on the trainer for a warm-up before the 112 mile time trial. Who does this guy think he is?? I passed him on lap 2 and he finished about a half an hour behind me. On loop 1 and 2, I was going back and forth with Tim (3rd place overall). He took me on the downhills and I took him back on the uphill. Lap 3 he lost me. I had passed a rider in green on an uphill lap 2, and he retook and lost me

as I struggled in lap 3. A rider with a Carmichael jersey (Chris Viskup, 7th overall) that I had passed in lap 1 caught me on the last lap a few miles before the nasty 10 mile climb. By his passing me, I was awoken and re-motivated to pour some extra willpower into the bike. I worked five bike lengths behind him for a few miles and noticed that he, as with most riders, was heavier than me, descended faster, and climbed slower. At the beginning of the 10 mile climb, I passed him and hammered as hard as I could to give myself enough of a lead that he wouldn't be able to catch me on the final descent and rollers. It worked and I beat him by a solid couple of minutes. It was thanks to him that I didn't crumble, roll over, and die in the mountains of Minnewaska.

The rain and cold was miserable. I was cold most of the race, especially lap 4 when my body wanted to shut down, but I'm not sure wearing more gear would have helped as I was soaked through.

I peed on nearly every downhill beginning in lap 2. I took only the two salt capsules in my drink during the race because I thought the pre-race capsules would be enough in the chilly temperatures. I kept my right knee high so as to try to keep the piss out of my nice new shoes and it sort of worked but my right lower quad is ultra-sore because of doing that so much.

I managed to stay in the saddle for most climbs, but some were so steep, there was no avoiding it. The descents were fast and mostly smooth although there were a few spots to really be careful as it was bumpy, slick and windy. I'd say the course was beautiful but I couldn't see it because of the dense fog that rolled in during lap 3 preventing me from seeing more than 100 yards ahead.

Overall, the race was very disorganized. Lauren waited in the car with the puppies to avoid the rain; I think she was the only spectator. There were no timing chips and the race official used a clipboard for all record-keeping. The starting line was 2 miles down the road where there was a tent, a few trucks, and a handful of officials.

This was one of the most brutally difficult races I have ever done, physical and particularly mentally. The course combined with the wet and cold weather produced a hellish chasm of isolation and despair that has mildly traumatized me yet hopefully made me an athlete more fit to conquer IMLP in 10 weeks.