

Matthew Bach
Ironman Lake Placid
7-28-2013

Woke-up: 4:45 AM

Breakfast: 4:50 AM (2 PB&B – 800c)

Weather: 58-72 degree range throughout race, overcast, light rain in morning

Apparel: GC Tri two piece trisuit, Speedo tri-specific goggles, race provided swim cap, BlueSeventy Wetsuit, timing chip (left ankle), Garmin 310xt in T1, puma socks T1, fresh puma socks T2, fresh puma socks run special needs, Chamois Butt'r, Specialized Trivents, Lazer Aerohelmet, sunglasses, Brooks ST V Racers, Firecrest 808 set, visor

Race Statistics

Swim

64th fastest overall swim, Jen Finotti swam 57:25

46th fastest amateur swim, **58:10, 1:30/100m**

3rd fastest swim in age group (125 ppl in 25-29M group)

Bike

77th fastest overall bike, Josh Beck (Amateur!) fastest in 4:40, 23.94mph avg

58th fastest amateur bike, **5:23:13, 20.79mph avg**

5th fastest bike in age group, dropped me to 5th in age group

Run

101st fastest overall run

78th fastest amateur run, **3:31:11, 8:03 pace**

9th fastest run in age group, somehow moved up 1 slot to 4th in age group

Overall

56th fastest overall time

34th fastest amateur time, **9:58:57 final time**

4th fastest age group time, losing to 3rd by 29:59, KQ cutoff was 3rd in 9:28:58

Race Commentary

Overall, I am not pleased with my performance (5/10), and not happy with the result either as I placed 4th in my age group and did not achieve my goal of qualifying for Kona. Given the competition, it would have been extremely difficult to do so, even on a great day.

Swim

- Even with the new self-seeded rolling start, there was plenty of thrashing. I positioned myself about 5 people from the front. I managed to draft a fair amount and felt that I swam well overall
- Had to pass all the slow swimmers on the second loop
- I drifted left a lot and strayed off course at least 5 times
- Transitions were fast! I ran with my bike shoes instead of running through transition with them on

Bike

- I hit my race plan to the T on loop one riding a 2:37 (faster than expected and worried me a bit) with a low and controlled HR at around 140 for the flats and under 150 for the climb back to town. On the second loop, I began to feel lazy and struggled with an upset stomach, so decided to keep the HR low and cruise it back in without exerting too much. I could feel that my output had dropped and I started getting passed by some people.
- Splits comparisons between last year and this year:

○ 0-30:	1:15:45	1:15:10	0:35
○ 30-56:	1:24:46	1:20:38	4:08
○ 56-86:	1:16:16	1:18:53	-2:37

- 86-112: 1:33:08 1:28:32 4:36
- Overall: 5:29:55 5:23:13 6:42

- It rained for the first 15 miles or so and I had to be careful on the descent. It dried up after that and was perfect race conditions, in the 60s and overcast
- I peed a lot on the 2nd loop but not much on the 1st.
- Never felt uncomfortable on the bike but did chafe a bit on the 2nd loop when chamois cream wore off
- Felt almost as though I soft pedaled the bike course until the last 20 miles when I felt good and decidedly picked up the pace with another group that was charging home
- Right knee began to hurt later in the bike
- Felt strangely sleepy during the last 20 miles

Run

- Started the run feeling good and running around 7:00 pace with a low HR (145). I felt like I could hold that pace forever and I began playing a game with myself: maintain pace and see how low I can make the HR go.
- At mile 7 it started to get harder and I ran a 7:20, then a 7:38 just before the hills back to town. By the time I got up to Mirror Lake I was feeling terrible. Lauren told me I was in 4th place at mile 13 and that I was 6min behind 3rd. I was discouraged by the fact that I felt so awful, I knew I wouldn't be able to bridge a 6min gap unless they came back to me as I ran near 8min pace.
- On the way out of town, I felt absolutely miserable. Mentally and physically I was at a new low. My stomach hurt from what I thought was too much sugar. I was somewhat dizzy, nauseous and narrow-focused. I walked through several aid stations to try to get back on track. I took 2 salt pills thinking it would help but I felt worse soon after. My HR was low (120s and 130s) because my body was in such disarray that I couldn't put in a good effort. I saw tons of people passing me in my age group, and thinking that they were on their 2nd loop like me, I was discouraged, but in reality none of them were on their 2nd loop. I remained in 4th till the end. Particularly during the last 10 miles, I felt incredibly sleepy, like I've never felt before. I had an overwhelming urge to find a tree to hide under and go to sleep.
- Splits were approximately 1:36, then 1:55
- Right knee hurt a fair amount during most of the run. Otherwise wasn't too sore after the race. Never red-lined it. I was even able to roll the night of.
- Went to medical tent for 2 hours, got a bag of IV. They let Lauren in. I was very sleepy and I could barely talk. The nurse asked me about my blood pressure because it was so high

Nutrition Recap

2 pb&b at 4:50am 750c

EFS, 3 scoops CP, 3 salt capsules in aerobottle (22oz) 500c

Had ½ - Perform, 2 scoops CP, 2 salt capsules in bottle (12oz) 200c

EFS, 3 scoops CP, 3 salt capsules in bottle (22oz) 500c

Water from bike course (60oz) 0c

ProBar (mile 7) 390c

Clif Bar (mile 70) 280c

1 GU Roctane on bike (mile 80, lost the other 3!) 100c

1/2 banana 50c

2 salt capsules from Mentos container 0c

Bike Totals: 2020c, 9 salt capsules, 116oz fluid

0 GU Roctane on run (ran with 3 in hand) 0c

Water from run course (40oz) 0c

Perform from run course (12oz) 100c

1/2 cup of pretzels (became dry clump in my mouth) 50c

A few Chomps from course 50c

3 salt capsules from Mentos container 0c

1/2 of Bottle in special needs (EFS, 2CP, 2Capsules) 200c

3 chunks of banana from course 100c

Run Totals: 500c, 4 salt capsules, 62oz fluid

Calorie Target: 10hrs x 250c/hr = 2500c

Actual Calories: 2520c

Fluid Goal: 10hrs x 20oz = 200oz

Actual Fluids: 178oz

Nutrition Commentary

- Had aerobottle and part of the other two before the end of the 1st loop. Drank all but 8oz by the end but had to force it down around the bears. Didn't want to eat or drink on 2nd loop because my stomach was upset. I suspected it was too much sugar.
- Canister taped to bike was too close to the aerobottle – it was hard to get the capsules out
- The caffeine from the Gu Roctane helped me wake up a bit
- Hit my calorie goal on the bike but I think the goal was too many calories.
- Tried having more water to settle my stomach
- Peed a lot on 2nd loop of bike, not much loop 1. On the run, I pulled down the front of my tri shorts on loop 1 and let her rip! There was no one in sight so I did that 3 times. Once there were people around, I peed into sponges (for the first time). I would throw them away after but one time I threw it into the garbage pail where the fresh ones were! Kept my shoes relatively dry
- Upon further review after the race, I took way too much salt and my symptoms suggest I experienced hypernatremia. I took around 4000mg of salt during the bike and another 1000mg during the run, far more than the 2000 that the formulas call for, and far more than what others took (Megan Wiseman took less than half that). Symptoms of hypernatremia include lethargy (explains my extreme sleepiness), high blood pressure (nurse commented on mine), and stomach issues (I had a bloated and upset stomach).

Summary & Conclusions:

- Race performance 5/10. Great fitness was trumped by a nutrition plan gone wrong. Did not qualify for Kona nor did I get a rolldown slot. Very disappointed, but even if I had a great race, I probably still wouldn't have qualified (3rd was Garen Riedel in 9:28). I need another outlet for my fitness to express itself.
- Don't force down calories
- Take more water to keep in balance
- Be careful with salt, as it's actually possible to overdo it
- Have fewer calories, especially when the temps are low as I don't need as much as I took in. Probably contributed to my bloating and upset stomach
- Peeing in sponges is a great idea