

Matthew Bach
Rhode Island 70.3 Providence
7-10-11

Woke-up: 3:55am
Breakfast: 4:00am – 4:45am (Clifbar, Larabar, Wheaties – 650c)

Weather: 62-85 degree range throughout race, sunny, dry
Water Temp: 80 degrees – too warm for wetsuit legal

Apparel: Gold Coast Tri-Club two piece trisuit, Speedo tri-specific goggles, race provided swim cap, timing chip (left ankle), RXL Hilos, helmet, sunglasses, Brooks ST V Racers, no socks (blisters)

Race Statistics

SWIM

198th fastest overall swim (including everyone, pros and women), Sergey Ulyanenko swam 23:04
187th fastest swim (not including pros but including women) **35:43, 1:51min/hm**
29th fastest swim in age group (142 ppl in 25-29 group)

BIKE

61st fastest overall bike (including pros and women), Fastest pros did 2:16 or 24.64mph
55th fastest bike (not including pros but including women) **2:32:48, 22.0 mph avg**
12th fastest bike in age group left me in 14th place

RUN

21th fastest overall run (including pros and women), fastest pro was 1:16, little depth, only 5 under 1:20
16th fastest run (not including pros but including women) **1:23:48, 6:23 pace**
3rd fastest run in age group, brought me to 5th in age group

OVERALL

27th fastest overall time (including pros and women), beat by 4 of 6 Pro Males & 1 of 5 Pro Females
22nd fastest overall time (not including pros but including women), 0 age grouper women beat me
22nd fastest overall time (not including pros) **4:35:20 final time**
5th fastest overall time in age group

Race Commentary

I would rate my race a 6 out of 10. I flubbed my nutrition but I still managed to PR, beating my time at Rev3 so I can't call it a bad race.

There was no wetsuit allowed due to temperatures, and though I felt good during the swim, my time was very slow. I'm not sure whether it was totally because of the lack of wetsuit, or a combination of that and a lack of swim fitness(?). There was a fair amount of battering and I was more a part of the mainstream than I was at Rev3. I peed twice in the water.

I felt great on the bike dropping 9 minutes off of my time at Rev3, granted it was a flatter course. At one point, a group of 23yr olds blew by me in a paceline, including Cameron Dorn who introduced himself after the race, but they didn't get caught. There was a very rough section between miles 40 and 56 where there was a no-pass (I passed anyway because I was in the second to last wave and was passing all the slowpokes). I felt it was downright irresponsible of the race director to have us ride on those roads, and those I spoke to agreed. It was a miracle I didn't get a flat – I wasn't carrying a flat kit. I lost two waterbottles full of Gatorade in the rough section. I peed twice on the bike.

I regretted my nutrition shortfall when I got to the run because it was in the sun and hot in downtown Providence. Every step was very uncomfortable and I didn't feel good at all. The course was hillier than expected although that normally favors me. I was carrying two GU Roctanes with caffeine but couldn't eat them because I felt like I would have puked them up. I drank water only during the run, and probably got down 20oz. I used cold sponges and tried to stay cool. I was

cramping right from T2, especially in my right quad, just above the knee to the inside. My calves, hamstrings and quads had minor cramps the whole way through.

After the race, volunteers noticed I wasn't sweating and I was in bad shape so they urged me to go to the medical tent, which I declined numerous times. I was faint, dizzy, tingly in my jaw and face, and was having trouble speaking. After ten minutes, I still struggled to talk and felt terrible so I decided to go to the tent. They hooked me up to an IV and injected 1L of fluid into me. They took my blood pressure multiple times (it was low meaning dehydration), my temperature (normal), and my heart rate (60-70). See medical discharge paper. I also drank about 60oz of fluid while I was in the tent on their orders. It was the best thing I could have ever done as I felt GREAT after the race and the next days. That can be compared to Sergey, who felt terrible the next day and took off of work, Glenn, who felt terrible, and me after Rev3, I was sick for weeks.

Nutrition Recap

Breakfast @ 4:30am	650c
1 GU chocolate just before race	100c
Shotblocks (Margarita extra sodium) on bike	140c
Two GU Roctanes on bike (pineapple)	200c
Drank 1 aerobottle full of Gatorade Pro (22oz)	170c
Refilled aerobottle with water (22oz)	0c
Lost 2 Gatorade waterbottles	0c
Gatorade in waterbottle underneath (16oz)	130c
Didn't eat 2 GU Roctanes	0c
Banana half on bike course	50c
Zero Calories on run	0c
Water on run course (20oz)	0c

Calorie Goal: 4.5hrs x 290c/hr = 1305c

Actual Calories: 790c or only 175c/hr

Fluid Goal: 4hrs x 27oz = 108oz

Actual Fluids: 80oz

Nutrition Commentary

I think my breakfast was too big for me. It wasn't the most easily digestible food and I had enough of it that I think it sat in my stomach and I was far from hungry during the race making me not want to eat my race nutrition. I didn't start eating the Shotblocks until almost an hour into the race even though I planned on eating them right away. Then I fell behind on my GU Roctanes and didn't get to the ones with caffeine in them. I drank Gatorade Pro and some water but lost two waterbottles full of Gatorade Pro on the rough section of the course. During the end of the bike, and during the run, I felt as though I could not eat without puking so I didn't eat enough. It may have been all the sugar from the Gatorade which wasn't as diluted as usual. I cramped during the run because I needed more fluids. I drank 80oz total vs 108oz goal and it was hot, especially during the run.

Summary & Conclusions:

- No wetsuit, slow swim
- Solid bike, 9 min off Rev3 and felt great
- Felt terrible during the run, hot, dehydrated, and couldn't eat
- Medical tent was great – rehydrated and felt great the day of, and day after the race
- Take less sugar, more water, or try using other drinks like Infinit or EFS
- Eat a smaller or more easily digestible breakfast – go with pb&j
- Drink more fluid to stay better hydrated, which will allow me to eat closer to my goal amount