

Matthew Bach
Ironman Louisville
8-25-2013

Woke-up: 4:45 AM

Breakfast: 4:50 AM (2 PB&B – 800c)

Weather: 68-90 degree range throughout race, mostly sunny, humid

Apparel: GC Tri two piece trisuit, new Aquasphere goggles, race provided swim cap, X-Terra Velocity-M SwimSkin, timing chip (left ankle), Garmin 310xt in T1, Under Armour socks T1, fresh puma socks T2, fresh puma socks run special needs, Chamois Butt'r, sunblock pre-swim/pre-bike/pre-run, Specialized Trivents, Lazer Aerohelmet, sunglasses, Brooks ST V Racers, Firecrest 808 front/disc rear, Ironman Louisville Visor

Race Statistics

Swim

81st fastest overall swim

58th fastest amateur swim, **55:45, 1:26/100m**

13th fastest swim in age group (228 ppl in 25-29M group)

Bike

85th fastest overall bike, Chris McDonald fastest in 4:29, 24.96mph avg

71st fastest amateur bike, **5:18:29, 21.10mph avg**

10th fastest bike in age group, brought me to 9th in age group

Run

18th fastest overall run

11th fastest amateur run, **3:20:19, 7:38 pace**

4th fastest run in age group, brought me to 1st in age group

Overall

30th fastest overall time

16th fastest amateur time, **9:42:40 final time**

1st fastest age group time, beating 2nd by 1:43, KQ cutoff was 4th in 9:51:00

Race Commentary

Overall, I am very pleased with my performance (9/10), and even happier with the result as I won my age group and placed 30th overall and 16th amateur, qualifying for Kona for the first time!

Swim

- Swim start was a pain. I decided not to be one of the “crazys” who waited in line for transition to open at 4:45, race to finish setup and then run to the swim start to get in line only to wait 2 hours for the race to begin. I got to transition at 5:30, left at 6:10 (closed at 6:30), and arrived at swim start at 6:30. Had to walk another mile to get to the end of the line, then wait, then walk all the way back as the line got shorter until we started by jumping off of the docks. The swim course itself was beautiful and enjoyable to swim.
- Swam well, slight (~1mph?) current that we swam against for first third but were partially protected by Towhead Island, then downstream for the remaining 2/3
- Got hit twice in right eye almost knocking goggles off and eye socket was bruised after the race

Bike

- 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
- Avg HR was 141 overall. Noticed on a few hills or even flats that I let my HR get up into the 150s or even over 160, and once I noticed it, I relaxed again.
- First 56 was 2:42:02 according to the site, but 2:36 according to my Garmin. Second 56 was 2:36:27 according to the site, but 2:42 according to my Garmin. The two halves were not equal from a wind or elevation standpoint, but as best as I can tell, I biked a steady effort with nearly even splits.

- Right knee (PFPS) began hurting at 50min but peaked at a 3 (adrenaline helped?). Left knee hurt a little too (up to a 2)
- Followed Jared's suggestion for keeping core temp down during bike: keep cage empty, grab bottle and put it there immediately, then grab another and spray the entire thing all over your body.
- I hydrated very well during the bike, taking in much more water than I usually do. I peed often.

Run

- Lauren told me I was 9th off the bike. It was somewhat discouraging, but I felt good and knew there was a chance I could run them down. I began running at a pace that I felt I could hold forever, and tried to keep HR between 140 and 145. This did not happen as I was running 7:35 pace and my HR was ~148. I slowed myself by running next to someone.
- We passed Chris Nasser (age 25) at mile 2 and he joined us. After a mile or two, he took off ahead of us because we were running 7:45 pace, too slow for him. He wanted to run 7:00 pace. It was his first Ironman, I commented that 7min pace was aggressive, and advised him to take it easy until at least mile 10, but he continued to surge forward. Four miles later, we caught him again, he tried running with me for a mile but fell back, and it turns out he ran almost 4 hours.
- At mile 8, I realized I wasn't passing anyone in my age group besides Chris. I decided to take a risk and pick up the pace. Throwing HR out the window, and not caring anymore about pace, I didn't look at my watch again until mile 24. I just put my head down and ran hard. After 10 miles like this, I had physically passed at least 4 more in my age group and had a chance at "bonus passes" where I didn't physically pass someone but was beating them anyway due to the time trial start. Lauren wasn't able to give me an update at the end of loop one because of the IM website, but I kept charging forward to ensure that I'd be in the top 3. I passed a couple more over the next 5 miles and began asking guys in my age group if they were on their 1st or 2nd loop as I passed them. None of them said their 2nd loop so I became more and more confident that I was near the front. I was maintaining my pace at 7:40 or so, but it felt faster because everyone else was slowing down. Several spectators commented that I was "flying." At mile 18, I was 90% sure I was going to make it. My heart lurched when I thought that thought.

- Run splits on website are off. My watch had:

1.	7:41	149	
2.	7:28	148	Ran with a guy from now until mile 8 when he fell back
3.	7:44	145	Caught Chris the first time, he came with
4.	7:37	160	Chris took off ahead
5.	7:44	152	
6.	7:46	151	
7.	7:47	163	
8.	7:46	153	Caught Chris, he came with me again
9.	7:34	160	Wasn't catching ppl in my AG, picked it up
10.	7:31	161	Chris fell off the pace
11.	7:18	166	
12.	7:18	174	
13.	7:20	165	Caught ~4 in my AG over past 5 miles
14.	8:03	156	Changed into dry socks at special needs. Stayed dry for only a few miles
15.	7:41	160	Decided to relax. Top 3 now, so no need to risk blowing up
16.	7:58	177	
17.	7:43	181	Getting really difficult at this point as evidenced by high pace and HR
18.	8:03	164	
19.	7:43	161	
20.	7:43	160	
21.	7:50	146	HR oddly went down to around 150 for the rest of the race
22.	7:34	151	
23.	8:04	147	
24.	7:54	152	
25.	7:33	150	
26.	7:28	155	
27.	6:58		pace for last 0.2 miles

- Did a great job staying cool given the 85-90 degree humid temps. Used tons of sponges, cold water, and ice. Wrapped ice in tri-suit and rolled it against my stomach. I peed in sponges. I changed my socks after the bike and after half the run using special needs.
- Went to medical tent for 1.5 hours, got two bags of IV, and iced my knees

Nutrition Recap

2 pb&b at 4:50am	800c
EFS, 1 scoop CP, 1 salt capsule in aerobottle (22oz)	300c
Perform, 3 scoops CP, 2 salt capsules in bottle (22oz)	500c
Water from bike course (80oz)	0c
ProBar taken in 3 pieces (mile 40)	390c
2 GU Roctanes on bike (miles 60 and 100)	200c
1/2 banana	50c
Bike Totals: 1440c, 3 salt capsules, 124oz fluid	

2 GU Roctane on run	200c
Water from run course (60oz)	0c
Perform from run course (20oz)	200c
3 salt capsules	0c
1/4 of Bottle in special needs (EFS, 2CP, 2Capsules)	100c
1/2 Banana from course	50c
Chomps from course	100c
Run Totals: 600c, 4 salt capsules, 80oz fluid	

Calorie Target: 10hrs x 250c/hr = 2500c
 Actual Calories: 2040c or 211c/hr

Fluid Goal: 10hrs x 22oz = 220oz
 Actual Fluids: 204oz or 21oz/hr

Nutrition Commentary

- Ideally, I would have eaten more before the race
- I fell short of consuming as many calories as my targets called for, but never felt in danger of bonking. I listened carefully to my body and it never asked for more than I was giving it. Two theories for why I didn't need as many calories are that I loaded very well leading into the race, and that I intentionally had a few extra pounds on me than I did for past races.
- I was sure to keep hydrated and consumed as much fluid as I planned on having.
- Never had more than a minor stomachache or headache. Never felt hungry or more than a bit thirsty.
- Had ProBar in 3 pieces which I will do going forward. Easier on the stomach than a whole bar

Summary & Conclusions:

- Race performance 9/10. A smart and strong effort with a great result. Thrilled to have qualified!
- Nutrition went really well. More convinced that it was salt in LP. I had less here and it was much hotter
- Listen to my body rather than formulas when it comes to nutrition. Same for the run
- I've deemed a bottle in special needs to be a failure. It's hot by the time I get to it and too annoying to carry
- Big focus on bike coming this winter and next season so I can begin to cycle more like those around me
- Apparently, it's possible to race two Ironman events within a month of each other and do well in the 2nd