

Matthew Bach
Revolution 3 – Half Rev Quassy
6-2-13

Woke-up: 4:45 AM
Breakfast: 4:50 AM (2 1/2 PB&J – 750c)

Weather: 70-80 degree range throughout race, sunny, dry

Apparel: GC Tri two piece trisuit, Speedo tri-specific goggles, race provided swim cap, BlueSeventy full length wetsuit, Aquaphor, timing chip (left ankle), Garmin 310xt in T1, black Champion socks in T2, Specialized Trivents, Lazer Aerohelmet, sunglasses, Brooks ST V Racers, sunblock (got burned anyway), no race wheels

Race Statistics

(see Rev3 Quassy 2013 spreadsheet for more)

SWIM

52nd fastest overall swim, Glenn 29:13, Jen 27:40, Rich 30:30

25th fastest amateur swim, **28:23, 1:28/100m**

2nd fastest swim in age group (51 ppl in 25-29 group)

BIKE

57th fastest overall bike, Andrew Starykowicz fastest in 2:14:09, 25.05mph avg, Glenn 2:39:00, Cruz 2:37:07

27th fastest amateur bike, **2:39:31, 21.06mph avg**

6th fastest bike in age group, dropped me to 6th in age group

RUN

32nd fastest overall run, most of the Pros beat me, some around 1:14, Glenn 1:36:36, Cruz 1:22:43

5th fastest amateur run, **1:25:29, 6:32 pace**

2nd fastest run in age group, brought me to 3rd in age group

OVERALL

32nd fastest overall time, beat 2/22 Pro Males and 12/18 Pro Females, Glenn 4:47:30, Cruz 4:44:36

5th fastest amateur time, **4:36:01 final time**

3rd fastest age group time, losing to Matthew Curbeau (4:24:44, doing LP) and Sylvain Lefebvre (4:34:42)

Comparison with 2011

2011

	Swim	Bike	Run	Overall	Totals
time	<i>31:51.2</i>	<i>2:41:53</i>	<i>1:19:41</i>	<i>4:36:45</i>	
rank overall	152	74	17	37	677
rank amateur	113	41	2	9	627
rank AG	12	5	1	1	55

2013

	Swim	Bike	Run	Overall	Totals
time	<i>28:23.5</i>	<i>2:39:31</i>	<i>1:25:29</i>	<i>4:36:01</i>	
rank overall	52	57	27	32	985
rank amateur	25	27	5	5	935
rank AG	2	6	2	3	51

2011 2013

T1: 2:09 1:43

T2: 1:11 0:54

Race Commentary

Overall, I am pleased with my performance (7/10), though I was somewhat disappointed and even confused by a few aspects.

- I placed well overall even though my time wasn't that fast, barely faster than 2 yrs ago. The heat could have been the main factor here. I was happy to be the first GC Tri finisher, beating Glenn, Dave, Rich, etc
- My swim was strong, a big improvement and a PR (3:27 faster than 2 yrs ago). No complaints there
- I felt fine on the bike, but my time confused me (I was only 2:22 faster than 2 yrs ago) because I know that I am a much stronger cyclist than I was then. I felt better about it after I saw that Glenn's time was comparable. An important note though is that my bike was slower than everyone's bike around me. The poor bike leg could be attributed to Monday's ride where I rode 113 to Bear and did tons of climbing, and also could be attributed to an unknown extent to the rubber band that laid itself along the teeth of my little ring for the entire bike leg.
- The run was tough, and it didn't surprise me that it was 5:48 slower than 2 yrs ago as I was in killer run shape then, and I'm far from that now with the lack of run training I've done because of injury. It was also a much warmer day this year (80 degrees vs 70ish), and it couldn't have helped that I did my first run workout since 2011 on Wednesday night with Kevin (6x3min at 5:30 pace, 3min rest)
- I was happy with my transitions as they went smoothly and were faster than most, and faster than 2 yrs ago by a total of 43 seconds.
- The demons approached on the bike and especially the run when I felt like I was underperforming the field when I was only underperforming my expectations (likely due to high expectations and the heat). I did keep it together and fought the demons, which brought me in at 5th overall

Other Notes

- I am supposedly being sent a box of prizes for either 5th amateur or 2nd AG
- I puked in my mouth a little running up to T1, as well as during the first 5 miles of the bike when I pushed too hard (HR up in the 160s and 170s).
- I didn't pee even once on the bike! I peed small amounts periodically while running so as to not flood my right shoe. I think the lack of peeing was due to 1.) good salt intake 2.) not taking in as much fluids, but this caused me to feel a bit thirsty and dehydrated and I don't think it's sustainable for an IM
- Jumped in ice bath that Rev3 provided immediately after the race, and it felt great! My legs felt healed to some extent from an injury perspective and my core temperature went down too. I also used Norma-Tec's leg compression sleeve pump things, and wore compression socks on the drive home. The next day my legs felt pretty good! (though I didn't train)

Nutrition Recap

2 1/2 pbj at 4:50am	750c
1 clifbar pre-swim	250c

Perform, 2 scoops CP, 2 salt capsules in aerobottle (16oz)	400c
Perform, 2 scoops CP, 2 salt capsules in bottle (20oz)	400c
Grabbed water on bike (8oz)	0c
1 GU Roctane on bike	100c
1 GU Roctane on run	100c
Grabbed water on run (16oz)	0c
Grabbed gatorade on run (8oz)	50c

Calorie Goal: 4.5hrs x 260c/hr = 1170c
Actual Calories: 1050c

Fluid Goal: 4hrs x 22oz = 88oz
Actual Fluids: 68oz

Nutrition Commentary

- I executed my nutrition plan relatively well and never felt in danger of bonking
- I accidentally spilled about a third of my aerobottle before the race
- 20oz fluid deficit that I felt at the end of the bike and during the run in the heat impaired my performance to some degree

Summary & Conclusions:

- Race performance 7/10
- Swim has improved dramatically
- Bike needs work relative to almost everyone around me
- Run is (temporarily) not so good
- Ice baths and compression after the race are awesome for recovery