

Matthew Bach  
Revolution 3 – Half Rev  
6-5-11

Woke-up: 4:25 AM  
Breakfast: 4:45 AM (1 1/2 PB&J – 450c)

Weather: 50-75 degree range throughout race, sunny, dry

Apparel: 2XU two piece trisuit, Speedo tri-specific goggles, race provided swim cap, BlueSeventy full length wetsuit (water 69 degrees), bodyglide, timing chip (left ankle), white Champion socks before bike, RXL Hilos, helmet, sunglasses, Brooks ST V Racers, no sunblock (got burned)

## **Race Statistics**

### **SWIM**

152nd fastest overall swim (including everyone, pros and women), Griffin McNeese won it in 22:46  
113th fastest swim (not including pros but including women) **31:51, 1:39min/hm**  
92nd fastest swim (not including pros or women), 21 age grouper women beat my swim; after first leg, I was the 92nd non-pro male  
12th fastest swim in age group (54 ppl in 25-29 group)

### **BIKE**

74th fastest overall bike (including pros and women), Andrew Starykowicz did 2:14:42, 24.94mph avg  
41st fastest bike (not including pros but including women) **2:41:53, 20.76mph avg**  
41st fastest bike (not including pros or women), 0 age grouper women beat my bike; after T1 and second leg, I was the 47th non-pro male  
5th fastest bike in age group, brought me to 7th in age group

### **RUN**

17th fastest overall run (including pros and women), just Mirinda's run beat mine from the women (1:18:27)  
2nd fastest run (not including pros but including women) **1:19:41, 6:05 pace**  
2nd fastest run (not including pros or women), just Rich Burke beat me w/ a 1:18:33; after T2 and final leg, I was the 9th non-pro male  
1st fastest run in age group, brought me to 1st in age group

### **OVERALL**

37th fastest overall time (including pros and women), beat by 6 of 23 Pro Females & 22 of 27 Pro Males  
9th fastest overall time (not including pros but including women), 0 age grouper women beat me  
9th fastest overall time (not including pros) **4:36:45 final time**  
1st fastest overall time in age group, beating 2nd by 3 minutes 26 seconds

## **Race Commentary**

I had an excellent race, surpassing my goals in each of the three disciplines, and crushing it in my debut at the Half IronMan distance. I placed 9<sup>th</sup> overall amateur, beating 5 male pros and 17 women pros. I won my age group (25-29) and am being sent a box of prizes. Other notes:

\* Swim goal: 32:30. Actual: 31:50  
\* Bike goal: over 20mph Actual: 20.76mph  
\* Run goal: Feel strong, 1:25 estimate. Actual: 1:19:41

- I veered pretty drastically off course on the swim due to sighting. The sun was directly ahead and I couldn't see the buoys. I tried to follow the crowd but kept veering left
- Jared ran 1:20 low at Jerseyman in his half marathon leg. That was blazing fast and I thought it was out of my league. I was very happy to see that I was strong enough to be able to run under 1:20

- Lost lots of nutrition along the way. Lost shotblocks almost immediately off the bike. A Gatorade bottle ejected in first 10 miles on bike. Lost 2 GU Roctanes immediately on run as they fell out of the back pocket on my trisuit
- I peed three times in my wetsuit
- I peed four times on the bike
- I crushed Jerome Isakov, a spin instructor at NYHRC, who I used to idolize
- Megan mentioned to Will that I looked like the Pros on the run and that I looked focused and unemotional. She asked whether I 1.) went too slow on the bike 2.) am just that fast and 3.) how much faster can I go.
- I began to cramp on the run at mile 6 – my right quad, just above the knee. My right calf began to cramp at mile 9. Neither affected my ability to run but they scared me that they would take hold.

### **Nutrition Recap**

1 1/2 pbj at 4:45am	450c
1 GU Roctane pineapple just before race	100c
Lost shotblocks	0c
Lost gatorade waterbottle	0c
Grabbed bottle of gatorade pro on course (18oz)	140c
Gatorade in aerobottle (22oz)	180c
Four GU Roctanes thruout bike	400c
Drank part of waterbottle on bike (10oz)	0c
Drank part of gatorade pro bottle on bike (12oz)	100c
Lost 2 GU Roctanes	0c
Grabbed 1 GU on course	100c
Grabbed water on course (16oz)	0c
Grabbed gatorade on course (8oz)	50c

Calorie Goal: 4.5hrs x 290c/hr = 1305c  
 Actual Calories: 1070c

Fluid Goal: 4hrs x 27oz = 108oz  
 Actual Fluids: 86oz

### **Nutrition Commentary**

22oz fluid deficit although the temp was ideal so 108oz may have been aggressive. I felt mostly hydrated

I followed my plan best I could and supplemented the lost nutrition (500c) with course nutrition. Felt hungry at one point during bike and one point during run. I might need to address the cramping that I almost experienced during the run. I might need more salt or fluids

Continuous motion warmup and a small amount of swimming

### **Summary & Conclusions:**

- Be more careful with containing nutrition so it doesn't eject
- Take a little more in fluids to prevent cramping
- Wear sunblock?
- Felt very focused the whole race
- Fantastic debut
- Felt terrible later on the day of the race. Congestion, headache. Took one day very easy and one day off. Gradually got better throughout the week but then rode 107 miles the following Saturday and got deathly sick. Took two days off. Two weeks later I am almost recovered but training suffered a bit