

## Race info: High Cliff Triathlon - Half Ironman

Entry by:

 [pseudoyams](#)**High Cliff Triathlon  
- Half Ironman**2008-06-22  
Sherwood,  
Wisconsin  
United States  
Midwest Sports  
Events  
70F / 21C  
Sunny**Triathlon -  
1/2 Ironman****Total Time** =  
4h 25m 28s  
**Overall Rank**  
= 4/431  
**Age Group** =  
M25-29  
**Age Group  
Rank** = 1/24**Swimming**

00:32:31 | 2112 yards | 01m 32s / 100yards

**Age Group:** 12/24**Overall:** 69/431**Performance:** Average**Suit:** ProMotion  
Fluid-Drive  
Sleeveless**Course:** Clock-wise rectangular course.**Start type:** Run **Plus:** Waves**Water temp:** 70F / 21C **Current:** Medium**200M Perf.** Average **Remainder:** Average**Breathing:** Good **Drafting:** Average**Waves:** Good **Navigation:** Below  
average**Rounding:** Good**T1****Time:** 01:18**Performance:** Good**Cap removal:** Good **Helmet on/  
Suit off:** No**Wetsuit stuck?** No **Run with  
bike:** Yes**Jump on bike:** Yes**Getting up to  
speed:** Good**Biking**

02:28:34 | 56 miles | 22.62 mile/hr

**Age Group:** 2/24**Overall:** 7/431**Performance:** Average

Avg/Max HR: 141/161

**Wind:** Some**Course:** [www.beginnertriathlete.com/  
discussion/training/ map.asp?  
routeid=57132](http://www.beginnertriathlete.com/discussion/training/map.asp?routeid=57132)**Road:** Smooth Dry **Cadence:** 93**Turns:** Good **Cornering:** Good**Gear  
changes:** Good **Hills:** Good**Race pace:** Hard **Drinks:** Just  
right**T2****Time:** 01:03**Overall:** Good**Riding w/ feet on shoes** Good**Jumping off bike** Good**Running with bike** Good**Racking bike** Good**Shoe and helmet** Good**Pre-race routine:**

The day before I took one of my friend's wheels - a set of 808s - for a test ride. I noticed that the rear one was cracked and called him. He said it should be alright, so I went out for the ride. 9' into the ride I felt a little play from the rear wheel. Looked down; it looked fine. Decided to stop and check - flat! Took a gander at the wheel and the thing splintered where it was cracked. No rear race wheel for me. I did, however, decide to keep the front 808 on. I used my regular Mavic Kysrium SL rear wheel, which made the bike look really funny. Still had the benefit of an aero front wheel though.

The morning of, I woke up at 4a, did my business and downed a banana and a PowerBar. I think I took in a couple of Shot Bloks as well. Joe stayed the night so we got our stuff together and was out the door by 5a, arriving at High Cliff around 5:30ish. Transitions spots were assigned so no big rush to get there super early. Setup our T areas, talked a bit and headed down to the water for a warm-up swim.

**Event warmup:**

Got in the water around 6:40ish and swam around in the water a bit.

**Swim****Comments:**

The water was super gross and full of algae. It was also pretty wavy. No real chop, just 1-2 foot swells, if you will.

This year we started on the beach, which I thought was kinda dumb as the lake is pretty shallow. The run went off and it was a water-run for the first 100-150m. Found a spot, dove in and started swimming.

It was hard spotting in the water with the swells. Round orange buoys and orange swim caps made it a bit harder. A kayak was on the outside of the first turn buoy, forcing everyone to go INSIDE the buoy. WTF?

Overall, I felt like I kept form as best I could and swam fairly hard, but I was all over the course. Not sure if it was the swells or myself, but I had to keep changing direction and did a lot of zig-zagging, I think.

Swim time includes a 100m run up the beach to T1. Took off about 4' from last year's time. So I'm happy with that.

#### **What would you do differently?:**

Sight better and swim straighter.

## T1

#### **Comments:**

Had my goggles and cap off as I was running up the T1. Wetsuit was 1/2 off already as well. Got to my spot. Wetsuit off, bike shoes on, helmet on, grabbed my bike and ran out.

Fastest T1 in AG.

#### **What would you do differently?:**

Maybe try the bike shoes already clipped on method. But, with the hill so close to the bike out I decided to strap 'em on in T2 so I could hop the bike and get going right away.



## Bike

#### **Comments:**

Got clipped into my bike and started up High Cliff hill. I tried to keep my cadence around 90ish and spun up it fairly easy. I stayed out of aero until we hit High Cliff Rd, then I dropped down to calm my body a bit and get into a rhythm.

Got into rhythm fairly quickly and started picking off a couple people. Found myself almost all alone with people behind me shortly thereafter. All the while my mind kept wandering off as I really had to pee. Finally gave in and stopped about 60' into the ride to do my business. Stopping took about 45 seconds and as I was doing what I needed to I watched as my last

#### **removal**

#### **Running**

01:22:00 | 13.1 miles | 06m 16s min/mile

**Age Group:** 1/24

**Overall:** 1/431

**Performance:** Good

Avg/Max HR: 155/170

**Course:** Run up High Cliff hill, then two loops on the park's trails and roads, then back down High Cliff hill to finish. The course was mostly dirt/grass trail running.

**Keeping cool** Average **Drinking** Just right

#### **Post race**

**Weight change:** %

**Overall:** Good

**Mental exertion [1-5]** 5

**Physical exertion [1-5]** 5

**Good race?** Yes

#### **Evaluation**

**Course challenge** Just right

**Organized?** Yes

**Events on-time?** No

**Lots of volunteers?** Yes

**Plenty of drinks?** No

**Post race activities:** Below average

**Race evaluation [1-5]** 3

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Race Reports Modeled with Permission from [Endurancecoach's](#) Triathlon Post Race Analysis Sheet.

hour of work started to pass by me. 6 people passed me while I was on the side of the road. Also when I stopped, as soon as I put down my feet my left hammy knotted right up. Knotted to the point of it being painful and me thinking this was going to be a LONG ride ahead of me. After about a mile of soft pedaling and stretching it out while coasting my leg started to feel a bit better so I got back to business to chase down all those that passed me.

It took 12 miles, but I caught all of them and dropped them all. A couple of the guys re-passed me after I passed. I stayed on them and shortly after I passed them again, laying it down so a thought of trying to pass me again didn't cross their minds.

My hammy and glutes were bothering me almost the whole ride. Sometimes more than others; sometimes it felt like I wasn't going to be able to hold that effort for the rest of the ride. I kept on pushing and kept my wattage right around 270s, with some parts holding 300-320 for a while. Eventually I pulled away from everyone that I passed and rode State Park Rd back into High Cliff Park all alone. Awesome.

Nutrition/Hydration: 110 oz water. 1.5 Srv Perpetuem w/ 2 S-Caps, 4 Srv Gu20, 4 Gu, 6 S-Caps. 1190 Cal / ~476 Cal per hour.

Calories: 2552  
Avg/Max Watts: 265/1300  
Avg/Max Cadence: 93/109  
Avg/Max Speed: 22.8/35.0  
Ascent: 1328ft

kJ: 2351  
NP: 274w  
TSS: 181  
IF: 0.857

**What would you do differently?:**

Dehydrate while riding.

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## T2

**Comments:**

Ran to my spot, racked the bike. Helmet off, socks on. Lost my balance almost a couple times and ended leaning up on someones bike (oops). Got them things on, shoes on, grabbed my fuel belt and race number and off I went.

**What would you do differently?:**

Nothing.



## Run

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### Comments:

Right at the run-out, I grabbed some water and started to loosen up my legs. My hamstring was pretty tight as well as my glutes - almost "crampy". I started off with a short stride, but running was easy right then. I was doing 6:15s, with what felt like very little effort.

I started up High Cliff and kept the stride short and easy. Taking baby steps I was running 7:30-8:30 m/m up the hill. I saw some guy at the top and was gaining on him fast. Shortly after getting on the trails I passed him, eased back a bit to calm the HR down and got in my rhythm. After about 2 miles running 6:15s were almost effortless. HR was in the low 150s, breathing was relaxed, stride felt super comfortable - everything was clicking nicely.

I felt some stomach issues coming on so I slowed down just a tad to keep them from coming on strong. I wanted to take the first lap a bit easier to neg split it so this plan was good for me. This first lap was very lonely. After passing that one guy at the top of the hill I saw absolutely NOBODY on the course until the very end of the first lap. I was beginning to think that everyone in front of me was in a big pack like 10 minutes ahead of me. I kept on pace and ran easy until I started to see another person in the distance.

I slowly reeled that dude in and got around him, then another. I picked up the pace for a while so they wouldn't try to hang on with me. I completed the first lap of the run in 42'. Almost exactly where I wanted to be. Once I got on that 2nd loop I started to pick it up a bit more. Every so often I passed a guy here and there, but still wondering where a few others that I knew of were. Lots more people were on the run course now and it was hard to pick out who was on the 1st lap and who was on the 2nd.

Once I hit 65' on the run, I started to notch it up for the last couple of miles. Kickin' it down I was laying down 6 m/m's in an effort to catch those last few people I wanted to. I started to gain on one and I knew that if I just ran past him that he would try and hang. So, to pass on hurt I ran by him running 5:50s so the thought of latching on wouldn't cross his mind. It worked and I continued on at that pace.

Just as we were turning to go down hill there was one more person that I knew I had a chance of passing. I opened up the legs going down the hill and started to gain on him. Once at the bottom I was in near striking distance and was running pretty hard. Just as we were about to hit the finisher's chute I lit 'em up and ran as hard as I could to get around him.

At the very last turn, I was able to get past him and snag 4th place OA. Ka-Chow!

This run was good enough for ***fastest run split overall*** by almost 3 minutes!

Nutrition/Hydration: Water at each water stop. Also carried two 8 oz Fuel Belt bottles, each w/ 1 Nuun tab and 2 S-Caps mixed it. Took in 2 Gu @ 20' and 50'.

Calories: 1645  
Avg/Max Pace: 6:19/4:35  
Avg/Max Cadence: 93/103  
Avg Stride Length: 4ft 6in  
Ascent: 320ft

Neg-splitting by 2' on the 2nd lap. Took off 8.5' min from last year.

**What would you do differently?:**

Nothing.

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**Post race**

**Warm down:**

Crossed the finish line and got my lungs back. Walked around for while and talked with some people. Jogged over to the transition area in an effort to loosed my hammys up a bit and got all my stuff and headed back to the finish area. Drank my recovery drink, ate a bit and stretched my legs out.

**What limited your ability to perform faster:**

Choppy water added a bit of difficulty to the swim.

Also, lack of higher intensity bike training. Up to this race Coach had me working mostly on Z1 watts bike training. Slight hammy cramps on the bike as well.

**Event comments:**

I'm very happy with my performance on this race. I was able to take off 12' from my time last year and run a good 1/2 marathon. Besides the minor cramping on the bike I felt really good as well. Gotta love that.

The race was put on decently, but seems to be always lacking really good organization and execution. The start was late, as always. Support on the bike course was good but the run could have used a few more aid stations on each loop. Overall a decently run race but it could be so much better.

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