
Cool Breeze Triathlon

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Here's what I did Sunday morning, before the hail and storms arrived: 250 yd pool swim; 20k (12.4 mi) bike; and a 5k (3.1 mi) run. While the start was at 8:00am and one must arrive around 7 to set up and get one's body marked with magic markers on each arm, each thigh and the back of one calf (age, I think for easy identification of possible organ donorship), the swim starts were staggered from 8 till about 10. My start was 9:31:15, 15 seconds after and 15 seconds prior to the next person.

I had awakened at 3:00am and laid in bed till about 4:30. I went downstairs after breakfast to warm up, a few minutes on the elliptical, a couple on the recumbant bike and a couple on the treadmill, plus some stretching. After finishing my packing, I loaded up the bike and was out the door at 6:30, arriving in Huntersville a little before 7. After parking 1/4 mile away, I found someone to check my air tire pressure, set up the bike in the transition area, sat, stretched, mulled and then began watching the competitors at 8. Some of my fellow participants and I fretted about possible rain, revisited our bikes (where we would also leave our sweats and shoes), and walked barefoot and swim-suited (only) back into the Aquatic Center.

Before I give you the final numbers, I will summarize by saying I got passed by 2 swimmers. While 2 bikers passed me, I passed at least a dozen. (But remember, lots more could be catching up with me after I started a few minutes ahead of them out of the pool. Likewise, the ones I caught on the bike may have gotten out of the pool many minutes before me.) During the early part of the run, I was passed by a few as I jog/walked to find my legs and loosen a particular muscle group which had been giving me trouble since Friday. (Saturday, I couldn't run more than 30 seconds at a time.)

Swim - 95% breaststroke, I was out of the pool in under 5 minutes, about my goal time. Officially, I was 5:13 because that included a walk/jog out of the pool area to the transition. Spent 2:48 in transition, drying off and getting helmet, socks, shoes, etc. in gear, and walking the bike out of the area. Out of 348 men, I was 248 by speed for the swim portion.

Bike - Immediately, I began passing riders. At first I worried that I would be repassed by the same ones later, but that didn't happen. There were a few more hills than advertised, some bringing my speed down near 10mph. But I reached downhill speeds of 24-27mph so I guess it evened out. I was #200 in this category with a time of 42:50, right in my estimated range of 40-45 minutes. My transition required less activity, and was 1:18.

Run - My legs didn't seem to be working correctly at first, and some muscles were sore at first. My mile splits were about 9:30; 9 and 8:30, with a final 5k of 27:45. I was pleased with this, as I had set a reasonable goal of just 30 minutes.

My overall time was 1:19:53. Besides finishing 230 of 348 men, I also beat 157 of 208 women, so right in the middle of the entire field. More importantly, I was 11th of 32 in the "Masters Novice Men" group, i.e., old guys

doing their first tri's. I think the cutoff was age 40. Even among the younger group of Novice Men, I would have finished 13 of 34.

I had set a reasonable goal time of 1:30, so I was quite pleased with my time.

In 4 weeks, I'm scheduled to return to the same site to do a near-repeat. The difference is that the pool swim will be double, at 500 yds. I think I need some additional training. I went home and crashed for a few hours.

Thanks to Ron for the bike loaner.