



Ironman Arizona Race Plan

Sunday, Nov 10

- Drop off bike and gear bag at RBM Frisco to be transported with Tri Team Transport.

Wednesday, Nov 13

- Fly to Arizona
 - Russell will drive me to the airport after work
 - Depart Love Field at 6:50p, SWA Flight #510
 - Arrive Phoenix 9:15p, take taxi or shuttle to hotel
- Hotel: SpringHill Suites Phoenix Tempe/Airport
1601 West Rio Salado Parkway
Tempe, Arizona 85281
480-968-8222
Confirmation Number: 80832229
Inform them of expected delivery on Thursday or Friday (athlete tracker)
- Wednesday nutrition
 - Breakfast – waffle, oatmeal
 - Lunch – veggie burger, green beans, apple slices
 - Snack - yogurt
 - Dinner – uncrustable, something from airport (buy blueberry muffin for breakfast)

Thursday, Nov 14

- 9:00a Ironman Store
- 10:00a Athlete Check-in at Tempe Beach Park – Bib #1072 (open 9:00-5:00)
- 11:00a Grocery store and buy food for the week – see grocery list below
- 12:00p Lunch
- 2:00p Athlete Briefing at Tempe Beach Park
 - Can I leave Camelbak on my bike race morning?
 - Will we have access to our T1 bags race morning?
- 3:00p Pickup gear bag and Russell's bike from Tri Team Transport (open 12:00-4:00)
- 6:30p Dinner
- Check if athlete tracker has arrived
- Thursday nutrition
 - Breakfast – blueberry muffin, Hammer Recoverite drink
 - Lunch – uncrustable, fig newtons, apple slices or apple sauce
 - Snack – choice of snickers, animal cookies, hard boiled egg
 - Dinner – eggplant parmesan @ Romano's Macaroni Grill
 - 1705 South Stapley Drive, Mesa, AZ 85204
 - 13.3 miles (16 minutes) from our hotel
 - Order extra eggplant parmesan to-go for post-race

Friday, Nov 15

- Pickup bike from Tri Team Transport, do bike/run workout, and return bike to them (open 10-12 and 2-4)
 - Request later pickup on Saturday, e.g. 11am
- Prepare gear bags (morning clothes, T1, bike special needs, T2, run special needs)
- Check if athlete tracker has arrived
- 5:30p Welcome Dinner (Tempe Arts Park, 5:30p-7:00p, program starts at 6:15p)
- 9:00p Go to bed EARLY
- Friday nutrition
 - Breakfast – oatmeal, Hammer Recoverite drink
 - Lunch – veggie hotdog (backup plan: uncrustable), green beans, rice, apple sauce
 - Snack - choice of snickers, animal cookies, hard boiled egg
 - Dinner – subway sandwich, apple slices

Saturday, Nov 16

- 9:00a Practice OWS (Tempe Beach Park, 9:00-11:00, must enter by 10:45, must have timing chip, swim cap and athlete wristband)
 - Take transition bags
- Pickup bike from Tri Team Transport open 9-10 (requested late pickup, e.g. 11am)
- Bike & Gear Check-in at Transition Area (open 10:00-3:00)
- Walk-through of transition area ins & outs (open 10:00-3:00)
- 1:10p Russell arrives Phoenix, rents car
- 5:00p IHOP for dinner
 - 225 East Apache Boulevard, Tempe, AZ 85281, 480-894-9220
 - 2.7 miles (6 minutes) from our hotel
- 9:00p Go to bed EARLY
- Saturday nutrition
 - Breakfast – uncrustable, apple sauce, yogurt
 - Lunch – veggie hotdog (backup plan: Hammer Recoverite drink), green beans, rice, fig newtons
 - Snack – choice of snickers, animal cookies
 - Early Dinner – IHOP – two eggs over medium, white toast, 2 blueberry pancakes, grits
 - Lots of water throughout the day, 2 endurolytes before bed

Sunday, Nov 17

- 4:10a Wake-up
- 5:10a Leave for transition (Kristen, Shawn or Russell driving)
- 5:30a Arrive at transition, body marking
- 5:45a Setup transition (open 5:00-6:30)
 - Put camelbak on bike or in T1 bag
 - Put activated hand warmers in bike shoes in T1 bag
 - Put thermos in T1 bag
- 6:15a Drop-off morning clothes bag
- 7:00a Race starts
- 8:00p-12:00p Russell catching at finish line

- Race Day Nutrition

- Food:

- Breakfast

- uncrustable, apple sauce, yogurt

- Swim

- snickers before swim start
 - chocolate gel at half-way point

- T1

- 2 caffeinated shotblocs

- Bike

- ⅓ power bar every 30 minutes
 - ½ gel every 60 minutes (chocolate gel in flask)
 - uncrustable at around mile 45 (rest stop right before mile 50)
 - 4 fig newtons at around mile 90 (at rest stop right after turn-around point on loop 3)

- Run

- 2 shotblocs every 30 minutes (caffeinated or not, as needed)
 - pretzels from aid stations as needed
 - pringles and animal cookies in special needs bag if needed

- Electrolytes & fluids:

- Breakfast – 2 endurolytes
 - Bike – camelbak of water, water in water bottle as backup, replace with hand-up bottle if needed;
2 endurolytes at mile 45 and mile 90
 - Run – water from aid stations, 2 endurolytes if start cramping

- Race times

- Swim mass start 7:00a
 - Swim: 1h 30m, 7:00-8:30. Cut-off is 9:20a, must be out of transition by 9:35a.
 - T1: 15 min, 8:30-8:45.
 - Bike Loop 1 (miles 1-38): 2h 40m, 8:45-11:25.
 - Bike Loop 2 (miles 38-76): 2h 40m, 11:25-2:05.
Cut-off for mile 76 (end of loop 2) is 3:00p.
 - Bike Loop 3: (miles 76-112): 2h 40m, 2:05-4:45.
Cut-off for mile 93 is 4:15p; I expect to be there by 3:25p.
Bike course closes 5:30p. (expected ride time is 8h, max ride time is 8h 45m)
 - T2: 15 min, 4:45-5:00.
 - Run Loop 1: 2h 30m, 11-min pace, 5:00-7:30. Cut-off is 9:00p.
 - Run Loop 2: 3h, 13-min pace, 7:30-10:30.
Cut-off for mile 20 is 10:30p; I expect to be there by 9:00p.
Run course closes 12:00a.
 - Cross the FINISH LINE at or before 10:30p (15.5h). Goal is to not see any pros at finish line. ☺

- Race strategy
 - On swim, position myself on far right side, front. Swim straight ahead until the pack thins out, then swim diagonally towards buoys.
Eat chocolate gel at half-way point.
 - On bike, maintain minimum of 14mph average, including potty stops.
 - On run, 8/2 interval. Switch to 4/1 if hips start hurting. Switch to 3/2 if things fall apart.
If catch-up with team mate after mile 13, stay with them.
Starting run at 5:00 and finishing in planned 5.5h is a 12:36 pace.
Starting run at 5:00 and finishing in 6h is a 13:44 pace.
Starting run at 5:00 and finishing before midnight allows for 7h and a 16:02 pace.
Starting run at 5:30 (bike cut-off time) allows for 6.5h and a 14:53 pace.
 - HR zones 2-3 all day.

- Hypothermia strategy
 - During swim...
 1. Wear neoprene cap and booties. Booties allowed only if water is 65F or colder.
 2. Consume gel at half-way point of swim to get boost of energy and avoid slowing down too much
 - In T1...
 1. Consume 2 caffeinated shotbloks to clear head and get brain working
 2. Open 2 chemical hand warmers (takes 10-15 minutes to activate)
 3. Remove all wet clothes ; dry body and hair thoroughly; put on dry clothes, including skull cap to keep head warm
 4. Drink hot water from thermos
 5. Warm hands with chemical hand warmer, then put one in sports bra and one in jersey back pocket -- to raise my core temperature. Keep them there during bike ride until no longer needed.
 6. Put both full-fingered and half-fingered gloves in T1 bag. If wear full-fingered, put half-fingered gloves in camelbak and switch gloves when ready.

- Ironman mantras
 - I am a robot. I am a machine.
 - I am a river.
 - I am not afraid.
 - Stay optimistic.
 - HTFU

- After race
 - Tri Team Transport will pick-up my bike.
 - Pickup bags: morning clothes, T1, bike special needs, T2, run special needs

Monday, Nov 18

- 8:00am Bike/Run special needs bag pick-up, if necessary (open 8:00-12:00, Transition Area)
- 9:00am Take gear bag to Tri Team Transport (open 9:00a-10:00a)
- 11:00a Allene's Birthday Lunch
 - Gertrude's Restaurant
 - 1201 N. Galvin Parkway, Phoenix AZ 85008
 - 480-719-8600
 - <http://www.gertrudesrestaurant.net>
- Kathey & Russell fly home
 - Depart Phoenix 4:35p, SWA Flight #211
 - Arrive Love Field 8:35p

Lisa Peterson-Fleisher's notes on the bike course

- The roads are nice a smooth even on the shoulder on Beeline highway. Only rough patch is over the bridge on McClintock but if you have ever had to ride on chipseal in Dallas, this is nothing.
- Rio Salado (headwind) is pretty flat.
- On McClintock (sidewind on my right) you climb up the overpass but then it is downhill and flat.
- McKellips (headwind) was very flat.
- North Alma School Rd also flat (sidewind).
- East McDowell also felt flat (headwind).
- That stretch of turns was about 8.5 miles then you turn onto Beeline for about 10 miles.

- It was at about mile 10 that I felt that false flat kick in. When I was driving it I thought it was flat and didn't realize how it gradually climbed until I drove back. Going north and east on Beeline I felt a little bit of headwind and sidewind. It seemed to die down towards the end or change.
- On the way back it definitely was downhill and I did not feel like I was fighting any wind until I started to turn into the streets again.
- At my easy pace it took about 1:20 to go out and 1:00 to get back with stops at lights.

- I only brought 2 water bottles and needed more. I drink when I feel thirsty and I definitely felt more thirsty in this dry heat. I probably could have drank 3-4 bottles during this ride but was conserving when I knew I did not have enough and I did not want to stop.
- Finally, it is very sunny! I can't stress how important sunscreen is! For those that burn easily, it might be something that you put in your special needs bag so you can put more on at the halfway point of the race.

Lake temperature: <http://wx.tempe.gov/townlake.aspx>

Grocery List

Quaker instant oatmeal – maple & brown sugar
Uncrustables (5 servings)
Apple sauce, Mott's original (4 servings)
Yogurt, Ciobani, blueberry (2)
Green beans, fresh/raw, ready-to-microwave (2 servings)
Apple slices, pre-portioned bags (or 1 red apple)
Rice, instant, microwavable, single-serving packs (2 servings)
Butter
Salt
Snickers, regular size (2)
Hard boiled eggs (2)
Fig newtons, fat-free
Chips ahoy
Morningstar corndogs or hotdogs (+ hotdog buns)
French's yellow mustard
Quorn?
Gatorade, blue G2
Water (in throw-away bottle - Ozarka?)
Paper plates
Napkins
Wine, single-serving bottles, white zinfandel
Dish soap