

Thoughts, ideas and results by Jennifer Vogel

{February 28, 2011}

Double IRON tracking info and some final thoughts

4 days left. I'm not working, just tying up some loose ends, packing and getting ready to go. This past weekend was the SEE-ME expo, and with so many triathletes in one place, I got TONS of questions about this Double. It seems a Double IRON can peak a lot of interest. So, here are the top questions I've gotten:

What is your off season?

This is my "off season". Actually, this is when I would typically be doing a spring ultra but I picked a double Iron instead because it looked different. Last fall's Ironman was my "offseason." Problem is, I still expect to do well in off season races.

What's your ETA?

I'm shooting for a 24-26 hr finish

What do you eat for that long?

I do the best with all liquid when I race. Hammer Gels and Perpetuum. I will probably consume 40 gels while I'm out there.

What did you eat while training?

Any and everything! I had no idea how hungry I would be all the time. I do my best to eat fish and chicken, Lots of fruits and veggies, lowfat dairy and non gluten grains. I spent most of the past 15 years a vegetarian and several as a vegan. This was the first time in my life that I wanted red meat. Not a ton, but the couple times a month I wanted it WATCH OUT!

What was your training like?

Given the winter we had, lots of my training was indoors. At the time I wish I was tough enough to bike outside in the 30 deg temps, but now looking at the forecast to be in the high 70's it might have been good that I was in the heated indoors without a fan. I'm probably a little more heat prepared. My biggest week was 30 hours with all but one week since New Year's being 22-27 hrs. Lots of big bike rides, several 8hr rides. The swims were moderate 4,000- 6,000 2x week and the runs were several 2x and 3x per day shorter runs. Although I did have a couple 5 hr runs at one hit.

Anything you didn't expect?

Yes, none of my clothes fit anymore! I knew I would put on some muscle since my upper body tends to get pretty lean when I train for ultras but with 2x ironman training my back got huge. None of my jackets fit anymore. Also, I didn't think it was possible to add more size to my quads and butt. I was wrong, the addition of swimming and cycling over the past 9 months totally change my body. I like it but realistically it's going to be a B#%CH to move across the desert for 135 miles!

How did your body handle training for the Double?

Toward the end of training I started getting panic attacks. This happens every time my stress level increases to new levels and endurance training is stress to the body. When this first started happening to me 3 years ago I thought I was dying. Come to find out it runs in my family. Usually I'm fine but when I'm over stressed with family issues, training, etc, it can be triggered by some crazy stuff. For me it's usually lighting (why sometimes you will see me riding or running without sunglasses), vibrations from cars or being too close to airports, or air temp differences (inside a hot room and someone opens a window so cool air flows in). I had a bad one the week before Cozumel Ironman when my family dropped some heavy news on me. Leading up to the Double I made a huge effort to drop any outside stress other than just the training. I think this made all the difference in the world for this season. My husband was a HUGE help. He pretty much treated me like I was pregnant the past 3 months and has waited on me hand and foot. He's a rock star!

Can I track you?

Of course you can!! The race is This Friday at 7am and will continue on into Saturday. Any positive thoughts and vibes are appreciated. Scott D'Angelo and Lane Vogel will be there crewing and have droids so hopefully they will be posting on Facebook. AND Post away on their pages and mine. I see them every lap so they will let me know any words of encouragement you got! I'm not a complete machine, I go to bad places too, words help. Also, you can track laps on the website, there is a link on the home page for results.

{March 9, 2011} Just because it's not as hard doesn't mean it's easy.

25hrs 56 seconds. I completed my 1st Double 140.6 triathlon.

2:36 Swim

13:14 Bike

9:07 Run

On paper it blows my mind; in actuality it passed pretty quick and relatively painlessly. Given it was a loop course there really isn't that much to write about

THE SWIM:

The swim was at the YMCA pool in Tampa. 50 meter, outdoors, warm water, wet suit allowed. Everyone in my lane was FLYING (2 fastest swims) so I couldn't really draft which made it kind of tough. I just swam at a comfortable pace, tried not to kick off the wall too hard as not to cramp, and stopped every 20-30 min to get some sports drink.



As far as Gear junkies are concerned, I swam in a Blue Seventy wet suit. Sport Factory had just started renting/selling them. I had never swum in it before but TSF has never let me down so I went with it. I was a little worried about the sleeves since if I did ever use a wet suit, it was a bib. Turns out the shoulder/arm coverage worked in my favor/ almost 5 miles with no shoulder pain!!

THE BIKE:

The Bike consisted of a couple miles of out and back before starting 31 loops of a 6.8 mile bike path in Flatwoods Park. It wasn't particularly scenic, just a lot of Florida scrub forest



The weather was in the high 70's and windy for most of the day. I started the Bike in 10th place and 2nd female. I know it was going to be a long hot and sunny day so I covered up with sun sleeves and a Bike jersey. I learned my lesson biking in the heat/sun unprotected in coz and wasn't going to make the same mistake. I just kind of zoned out and enjoyed the ride, so to speak. The loop may have been small but it was fun, and when the wind was at your back it was FAST. With proper pacing, my lap splits where

consistent all 31 laps, between 22- 23 min and I can honestly say the first lap and the last lap pretty much felt the same. At some point past the 120 mile mark, I started closing the gap and lapping people, moving up from 10th to 6th and 1st woman. People were starting to look ROUGH, even seasoned double racers!! It was about that point that I released this wasn't just luck, Brett's training plans had really paid off! Add a Bike fit that was spot on and an ADAMO saddle and I could have easily kept on biking.



You were required to have a crew so Lane and Scott were there to fill my bottles ever 3 laps like clockwork and put on my lights at night. When dusk hit, the winds picked up and the deer/other critters started to run across the path. I had never ridden at night before but so I was a little nervous but again, I was fairing much better than most.

THE RUN:

I knew this is where I could kill it. And I did, posting the 2nd fastest time of the entire field! It was enough to move me up to 4th overall. The run was pretty much uneventful, a 1.7 mile lap. .85 out, turn around, .85 back, turn around, repeat 30 times. Since we were aloud pacers Lane and Scott took turns running with me.



I wasn't counting on how heavy my legs would feel. I had figured it would feel like the back 50 of a 100 mile run but I was completely wrong. Those 50 miles are PAINFUL with your joints feeling like someone took a hammer to them. These 52.4 my joints were fine but my legs were so unbelievable heavy! I thought I was moving backwards, I was so slow! It really did feel like an Ironman run x10. Not what I was expecting at all. Also, having spent 13+ hrs in aero on the bike took its toll on my insides and after about 30 miles I was peeing blood. Couple that with a bloody blister I was getting on my right long toe from pivoting at the turnarounds 60x I was ready for the day to be over.

Coming in for the last lap, they gave me an American flag to hold



and then, just like that I stopped runnnnnang..... and that's all I have to say about that!