

Chuck Schultz March 2013 Tampa, Florida Double IRON Recap

I originally wanted to do this race to keep myself from getting lazy over the winter. I have a tendency to go into hibernation. So the goal was to put in a good effort and make sure that my hip injury from last year did not rear its ugly head again this year. Kamil and I drove down to Tampa with his sidekick, Bob, and arrived on Wed. Thursday we relaxed, checked in, rode a little of the bike course and got our final preparations ready for the race.



Friday morning at 7 the swim started. I swam a little out of my comfort zone for a 2:46:31. The wetsuit and pushing off in the pool helped but I was definitely tired from lack of training in the pool. I was 15th (out of 36) getting out of the water but moved up 2 places to 13th with my quick transition (6:42). I knew I would be chilled for a little while on the bike but the temps only got in the 60's so I knew I needed another layer as soon as I got to our crew area. Peter Boers was my crew that Steve Kirby hooked me up with. He grabbed my gloves, booties and arm warmers so I wouldn't waste energy staying warm. I was using a protein/carb

mix and alternated with an electrolyte drink with solid food every couple of laps. I was not having a great ride throughout the day and finally in the evening, I decided that my nutrition wasn't working. I was having a hard time catching my breath - my lungs were sore and my heart rate seemed too high for the effort I was putting in. So we switched to Hammer Perpetuem and Heed. I felt better right away and picked up some speed from that point on. The course was flat but the wind was a factor later in the day. At night, the wind died down but the temps went down to 40. It got very cold and it was a struggle to stay focused. With 2 laps to go I nearly crashed from exhaustion so I stopped for a 15 minute nap. My lights were also about to die, so I got up and finished the last laps before they went completely dead. On the very last lap, 2 miles from the end of the bike, a black pig ran in front of my bike and nearly caused me to crash. I finished the bike in 14:02:48 - much slower than I expected, but happy to get to running. I knew I had a good run in me. I had the 7th best bike leg and was also in 7th place (out of 32) when I got off the bike and when I started to run.



My 7:35 transition was quick enough to push 8th place Mark "Doc" Stautberg a few more minutes behind me (8 minutes) and 6th place Thomas Odom "The Kid" was 1:18:51 in front of me. I was running well right from the start going maybe 8 to 8:30 avg pace. I wanted to move up a couple of spots before the race was over. Tom was walking for the most part so it took a few laps to catch him. The next runner in front of me was Paul Thompson. His coveted 5th place was 5 laps ahead of me but he was not moving well. I figured I would need the rest of the miles to catch him at the pace I was going so I gave it a go. I lapped Paul twice but then around his 18th lap (out of 30 laps) he came to life. He got those laps back and then some, passing 4th place Ghislain Maréchal. I faltered and needed another break. My first marathon was 4:45 which was a bit aggressive.



After a 30 minute nap, I was ready to settle into a solid pace and run to the end. I was still in 6th place after my nap but Doc was close behind so that pushed me to not take any more breaks. I finished the run in 10:45:38 which was the 5th fastest run (out of 27). Overall finish was 6th place in 27:49:14.

It's easy for me to see where I could have made up large chunks of time. Better training and proper nutrition were my two big ones. I think they are the most common areas for improvement for anyone. I had a great time meeting people from all over the world, athletes, crew and staff included. The course was great and Steve Alan Kirby is always improving an already exciting race. Special thanks to Peter Boers for being my lifeline and everyone cheering us on. That encouragement really goes a long way.