

Bernhard Nuss ~ My way to "Deca-Ironman" Sunday, March 26, 2017 Double Ultra Ironman Florida



There he was, the first competition of the year and I was so unprepared as never before, because by the hamstring late January in Austria, I could practically make no endurance training for 6 weeks. It was clear, that is a difficult, if not even an impossible task.

The journey was then actually the first "Ultra" had I to cope with Inge and. With nearly 25 hours from our doorstep to enter the "Cabin" at Lake Louisa, was a bit borderline. The accommodation that we shared with Ultra friend Tristan with girlfriend Eva and a Greek triathlete was great, but just too cold on the first night to get a good night's sleep, but we all had to live. The next day we had all the time in order to look at us the competition venue, which was in a huge park to do our shopping and then to experience the race briefing with the evening. Anticipation, it was all very well organized and is as expired and therefore already here thanks to Steve and his team, that you can hardly do better !!!



Early the next morning the alarm clock rang and it was packed, go to the lake things there to take the provided by the organizer breakfast and down the wetsuit, swimming was in order. The water had according to Steve "drinking water quality" (looked but it did we "Cola") and alligators also were located there, but they were as "friendly Gator", and made its name justice. 12 rounds, it was to swim, but they presented themselves to uniform opinion as borderline. In the picture with a friend Laurent damp wet still looks calm, but with the progress of time, this was restless, and finally back even really wavy by the wind, which did not make the whole light. After half the distance I thought about it the first time to throw in the towel and could talk me out with difficulty this project over again, but with success, as with each of approximately over 600 meter track the goal came closer. Fight I had in addition to the orientation, because by the swell the buoys were not always visible to me. In the water before I had no view, which was described above

as black like cola and so I rose to 8.25 swum kilometers instead of the required 7.6 annoyed and shivering like a dog out of the water. "Thank God, this was done" and I even had my goal is not to get the last out of the water, can implement.

I took a long, very long time before I was able to get on the wheel, because the wind cooled the wind chill course down and I was just too cold, so I started at the beginning with long clothes. Well what can I say about the bike, it was exactly as I NOT love it, namely wavy and windy and everything would already be actually described. Also the fact that I have the last really long wheel unit in August 2016 !! drove in Switzerland with 180 kilometers, contributes to my result. Satisfied is something else and it was really a struggle to cope 360 Km. After three quarters of the track circuit actually for me would have been, because the right thigh was completely and was made by the "miracle cures" for Eva (Tristan's girlfriend) with kinesiology pain free, so that I have the rest of the way, though only on the small



chainring, could drive. It was already almost day to go on the run course, but still create in a time window the "double Marathon" and that has still given me at this time courage because mathematically would also migrate at this time " been "possible to finishing the race within the time limit. After a long break I set to the task of tackling the running part.

Well I do not want to overdo it, to go with two laps time I started and only in the third round, I began alternately to run, always provided with walking breaks. The part in the triathlon, the most readily comes to mind is usually so began very bumpy. With increasing duration, it has now been warmer and warmer (hot and hotter would be the more correct words) and I needed time and again short breaks, to get me back on track. At km 21 I had again muscular problems, this time with the calves and also had the "miracle healer" Eva in the game, so I could stay in the race their healing hands. I and my wife Inge are now at the latest on the trip that it would possibly make sense if Inge would take courses. Without Eve's help I would have long sails painted and it has brought me back into the race back, of course, but with the statement: your muscles I can help, but at the loss of your energy, I can do nothing. AND that was increasingly my problem. As it went on the first marathon I could tell that the grains I ran out slow, but that this should happen so fast now, so to speak, as if the famous "man with the hammer" strikes, I did not



think. So without a shred of residual energy I sat there after 42 kilometers and ran way past discouraged and completely exhausted the sails. The step here and now to end the competition after almost 30 hours of continuous, was taken from me by my weakness and I found it not difficult at this moment.

I could of course write to each individual discipline much more and report, but it would ultimately but not change the facts and the Groh of the story is always told. I look now hopefully on the next competitions and I can hopefully prepare injury-free it. I do not stick my head in the sand now, because this year is still long and I still have many plans)

The summary for the Double Ironman in Florida therefore fails quite sober. So unprepared as I was, to tackle in one place, it will proceed climate this time of year for me in any way familiar surroundings such an endeavor is almost doomed to fail. It also does not comfort me, I was not the only one who got out

and had to pay his tribute. My thoughts - between the two Triple Ironman in July - fast times to fly for a Double in the United States have died. It's just all too complicated, because the return is as exhausting as the outward journey.

