

Introducing the Double Anvil Tri . . . with a twist of lemon, thank-you!

Consider challenging yourself in 2015 with this new ultra triathlon.

SUZY DEGAZON, Hammer Nutrition sponsored athlete

In July I had the pleasure of participating in the inaugural Double Anvil Triathlon held at Lake Hagg in Oregon. The venue was outstanding, and race co-directors Steve Kirby and Teri Smith put on an excellent race that set a new standard for this distance: swim 4.8 miles, bike 224 miles, and run 52.4 miles.

A total of only five athletes out of 16 finished the full Double Anvil distance. For the run, I ended up doing 20 loops (26.2 miles), an option given by the race directors. But I will return to Lake Hagg next year to run all 40 loops and receive another certificate for completing the full event!

Swim: In the 4.8-mile swim (eight loops in the lake), I managed the fastest female time—and swimming usually is my weakest sport! I had two bottles of water on the shore before starting. After each complete loop I stopped for more water, some Montana Huckleberry Hammer Gel, and Endurolytes. As I was getting ready for the bike leg, I replenished with an Oatmeal Apple Hammer Bar.

Bike: The 224-mile bike leg (21 loops around Lake Hagg) totaled more than 14,000 feet gain in elevation; the entire ride was rolling hills, with the only flat part when you crossed the dam. I fueled with fresh Perpetuem and water after every lap (about 40 to 45 minutes), occasionally mixing it up with Hammer Bars and Espresso Hammer Gel. I also took 2 Endurolytes, 2 Anti-Fatigue Caps, 2 Endurance Amino, and 2 Race Caps Supreme after each lap.

I just made the cutoff for the bike; during the night I was sidelined in the medical tent for 3.5 hours. But I never gave up. As soon as I felt better, I got back on the bike and rode through the middle of the night, with only the stars lighting the sky. By the early hours of dawn, deer were bounding across the road! There was very little traffic and the views were breathtaking. Grateful to finish the bike, I looked forward to 40 loops (52.4 miles) of the run . . .

Run: The run was challenging and totally unique to ultra tris. It was single track, and for the most part off camber. The mercury was in the red zone (HOT!). I kept up with my HEED and water, and replenished my electrolytes every 4 hours with Endurolytes. At lap 10 (about 13 miles), I fueled with some Perpetuem. Afterwards, I ate a Chocolate Peanut Hammer Recovery Bar and Recoverite!

It was fun to do an ultra triathlon again. I had missed the challenge and the camaraderie of the athletes and crews. I totally enjoyed the bike and run—now, if they would make the swim leg go upstream, everything would be equally difficult! Winner Steve Fullard put in a stellar time of 27 hours (to give you an idea of the challenge, the winning time for these events is usually around 20 hours!). Stacey Shand, the winning female, also gave an amazing performance. For more information on this venue, check out the web page at <http://www.USAUltraTri.com>.

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