

IRONMAN LAKE PLACID 2018

BRIAN AND KIM CARLONI

Swim - Loved it, i think I finished maybe in 1:14 and I'll take that any day of the week. Felt comfortable on both laps and to tell you the truth I somewhat enjoy "fighting" to hold my line. So many people trying to swim over me or push me out of the way, i loved it and it made the time go by fast. Getting out of the water I felt great and a touch thirsty. I had some Gatorade waiting for me in the transition so I wasn't too worried about it. I did a complete change into bike gear when I was in the tent. Next time I will have to see about wearing something under my wet suit to make it quicker. But all in all really no issues at all though T-1.

Bike - uuughhhhh I have biked in some shitty weather before and that first lap had to be up there with some of the worst. It was horrible, wind, cold and rain. Thank god i wore my arm warmers. Wish I had put my vest on as well but I left it in the bag thinking it wasn't going to rain!! Sooo two issues on the bike. 1. I need to learn to pee on the bike. I have estimated I prob spent 20-30 minutes maybe more in the bathroom. I was hitting my nutrition the whole race but around the 30 mile mark all the fluid I was putting in me instantly made me have to go to the bathroom. And it wasn't the "i will just hold it a bit kind," it was the "emergency" kind! It became a game of trying to down the next bottle and make it to the next stop. It became even more embarrassing when the aid workers remembered me from the previous lap. I was initially thinking over-hydration due to cold but I knew I was sweating so I stuck to the plan. Just never been to the bathroom that much on a ride ever!! 2. My bike... I knew going into this I was only going to average maybe 15-17mph range. My gearing was just lower than I needed it to be. For some sick reason I loved the hills as I cruised right up them but on all the flats my push wasn't there especially in my heart rate zone..... I was planning for a 715-730 bike based off a 15mph average but I believe i ended up 7:50ish. Take away the dozens of bathroom breaks and the insane headwind i feel I was sort of where i figured.....As as side note kimmie has mentioned that I sabotaged her tire so i could beat her, a totally false accusation! Her tire did have a huge gash in it but it figures the only flats she has got all year were in the race.



Run - As always i hated every second of the run. My final timed ended up being around 6:03. Even with the little i ran during my training, my goal was for around 5:00-5:15. The run started great compared to the last Ironman. In 2015 i was feeling light headed as soon as i got off the bike. On Sunday totally different story, i felt pretty dang good considering just spending 8 hours biking. My body was moving, not fast but good enough and i felt strong,, so that was a huge win! Around mile 6 i could feel my back a touch and figured a walk run would be better for me in the end. First 13 went as expected with a walk run and then i continued that for the rest of the course. Not sure what the total mileage i ran was but the biggest thing for me is i made it through and I'm NOT HURT. I woke up the next morning with little back issues, I have some soreness today but nothing like it was earlier in the year after a run. Just finishing healthy is what i figured mattered most so i stuck to that.

Again absolutely the hardest thing mentally and physically I have done. Kinda weird now that it is over as there is no "next" training block or big workout this weekend. I guess back to our normal lives for now! Thank you again for everything, I am sure this is not a goodbye but maybe just a pause for a bit.