

Dean's Ironman Wisconsin Report

September 9, 2007 - Madison, WI

Really Short version: I finished!

<u>Segment</u>	<u>Distance</u>	<u>Time</u>
Swim	2.4 mi.	1:22:35
T1: Swim-to-Bike		16:11
Bike	112 mi.	6:51:34
T2: Bike-to-Run		13:54
Run	26.2 mi	5:19:12
Overall		14:03:26

Semi-Short Version

The Swim - The air temperature was a comfortable 64 degrees; water temp was in the low 70's. The swim went better than I expected. I had a hard time staying on the buoy line on the back stretch and didn't draft well the second lap, but handled myself well in the crowd.

The Bike - The first loop was 3:22 which was only about 7 minutes slower than where I wanted to be - I was ok with that. The second loop was considerably slower than I'd hoped for (a 3:29 - I'd planned to go slightly faster the 2nd loop, than the 1st) but I came off the bike feeling very good. In general I was a bit concerned with the wind and the upcoming marathon so I was very conservative. I enjoyed the hills more than I expected. Total bike time of 6:51:34.

The Run - After just a few miles I settled in very well on the run and felt very good. I had decided about six weeks earlier to do a run/walk cycle for the run portion of IM - 8 minutes of running followed by 2 minutes of brisk walking. Outside of a mildly upset stomach, I felt pretty good as I headed back towards downtown to finish the first lap. I was pleasantly surprised that my 1/2 marathon time was about 14 minutes faster than I'd expected. Heading back to State St the second time, the stomach had settled but the quads were starting to hurt a bit. Sometime during mile 21-22 my quads decided they'd had way more than enough, so I ended up walking the last four miles. Charging down to the finish line was exponentially more powerful for me than I ever dreamed. I ended up with a 5:19 run and a total time of 14:03:26. I could not have asked for a more perfect day, it was everything I could have possibly hoped for in an Ironman experience.