
From: Michael A. Colombo
Sent: Wednesday, September 10, 2008 11:00 AM
To: tricredibles@googlegroups.com
Subject: RE: [Tricredibles] IM Wisconsin - Mike's gory details

Everyone,

To respond to Bruce's request for the gory details:

1. Swim: Perfect water and day. I got in the back and all too quickly swam myself into the caldron, went way wide and stayed there for about 1000 yds. I felt good the whole way. T1 is a candidate for the most interesting/toughest anywhere - up a three-story helix to the roof of a parking garage.
2. Bike: I focused on going easy to save it for the run. But my belly felt lousy by the end of the first long climb up to Mt Horab three hours into the race - WHAT'S UP W/ THIS? Although I tried to stick to my electrolyte/nutrician plan which had worked in training, I eventually couldn't stand the fluids. Fortunately, I vigorously got rid of them at the IM festival in Verona at a mile 95 in front of about 100 of my closest friends. I went quickly from thinking I was done to euphoric relief. Two miles out from Verona, my chain came off going up hill # 2000. No big deal. Then a tailwind back to Madison for T2.
3. Run: I generally stayed on my plan to run between aid stations for most of the first lap+. But lo and behold, back came the belly problems. I walked mostly after mile 18. Two high points came when I saw Bob running strongly and smoothly and knew he would finish (he is my hero). At about mile 22, a cold rain started and I thought hypothermia was going to force me out until I started running for about a mile and warmed up. At mile 24.5, relief finally came again - alone in the dark (thankfully) hanging onto a chainlink fence. It was not until then when endorphins returned that I knew I would finish. About a half mile later I saw my worried coach Lance Leo for the third time, and he walked about a half mile w/ me until I starting running to the finish line. [Lance's great training, swim coaching, strength work and enthusiastic support were critical in getting me to 140.6 - thanks Lance.]

IM races are an amazing experience with some of the greatest ups and downs between birth and the ultimate finish line. Wisconsin is a fantastic venue, the midwestern hospitality was amazing, the weather was almost perfect and IM North America gives all its participants an incredible experience. But maybe the best part was training w/ the Tricreds. Thanks everyone.

To John and the "IM Fairies",

Nice virtual race, John - thanks for the empathy. You IM Fairies have now joined ranks w/ that famous artist/writer "anonymous" with your great yard art. However, I do have my suspicions about who you are. Let's face it, there are few indeed who would erect a paper sculpture saying simply "140.6." Also, see p.s. below for copy of a neighbor's email. Thanks, ladies, for you mischievious support.

Mike

p.s: copy of neighbor's email about "IM Fairies"

"It was funny.....Monday night (before dark) I see two women runners in my front yard sticking all these yard decorations. Bill said "wonder what they're doing?" I opened the front door and said "Hey, girls, what's the occasion?" They both looked at me and said "Is this the Colombo's?"

About that time I saw they were mini-Ironman decorations plunked in my yard.....so we chatted, I tried to find out how Michael did & showed them where your place was. They were trying their best to get those in your yard before you returned home. They told me that Bob Morrison, behind me, also went.....which I see they were nice enough to do his yard also.

I don't know who the 2 lady runners were, but they were sure thoughtful and excited for the guys. I thought it was really nice of them to do that.....as they certainly know the agony of a long run,, let alone an Ironman!"

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From: tricredibles@googlegroups.com [mailto:tricredibles@googlegroups.com] **On Behalf Of** John Lennox
Sent: Tuesday, September 09, 2008 10:53 PM
To: tricredibles@googlegroups.com
Subject: [Tricredibles] IM Wisconsin

For all of you (us) armchair triathletes who check IronMan splits on the web in between snacks and commercials, give this a try.... You've heard of visualization for diving, gymnastics, etc. What about IM visualization.

This past Sunday, I put my watch on the opposite wrist, so that whenever I checked the time of day, I'd make myself go into the Colombo/Morrison zone. I'd try to visualize what they were experiencing at that moment: water; head down over the front tire and the recurring mile after mile of asphalt; or heads up running to the next aid station; excitement, boredom and frustration. I felt my energy rise & fall throughout the day, wondered how their nutrition strategy was working and how they felt.

No matter where I was, I tried to get into the zone. As they say in eastern NC, "it won't so bad". But we all know it was if you were in Madison.

9:30... Have you ever noticed how similar the aero position is to kneeling in a church pew or at a communion rail? That's where the similarity ends, but it was an amazing realization for me.

1:00... I went on a short neighborhood run after a relatively insignificant bike ride.... Since it's shady on their streets, I decided to run by both of their homes....this was before the IM fairies papered the lawn.

4:30 ... came back from checking storm damage in Washington and saw their bike times. Everyone is now focusing on pounding pavement and I estimated just another 45,000 foot strikes to go.

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8:49...all rested and still waiting for run splits.

Midnight...went to bed, knowing that Mike's finished and Bob's split time indicates he'll make it with time to spare.

Glad things worked out so well for both of you. I'm sure that we all slept better in Greenville, knowing that you're off of the streets of Madison.

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