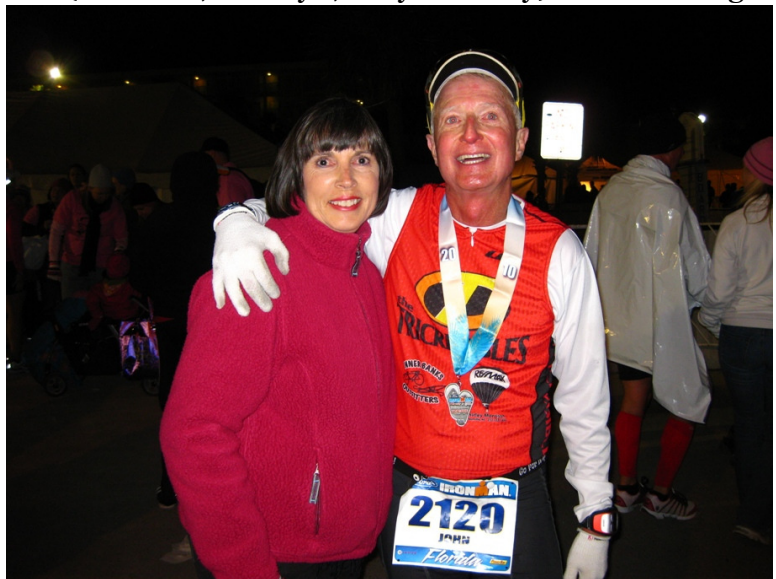


**Ironman Florida Journal**  
**John Lennox**  
**November 6, 2010**

I'll probably get a boatload of junk from Carl and Vince for saying this, but maybe an ironman is a little like a hole-in-one. Carl will say there's no luck involved and Vince will say there's no skill. Either way, you're overwhelmed initially, but then wake up and realize that you're the same person that you were two days before. No one will realize the accomplishment by looking at you, but no one can take away the experience or the memories. I hope you enjoy this recap... as you can tell, I truly love the multisport lifestyle.

My time of 14:56 was a 20 min improvement over B2B in 2008, with all of the gains being in the bike and run, and was right where I targeted to be at the end of the day. The cool weather was in direct contrast to all the heat during summer training and a real performance booster. The event was very well managed and the volunteers and staff all had their acts together.

So, thanks to my pal Sharyn and to the kids (Brandan, Kathryn, Billy & Grady) for tolerating me this past training season. It's as much of a strain on the family as on the athlete. Also thanks to coach Lance Leo for putting together a training plan and giving me a variety of tips that got me ready for race day. And thanks to Kevin Youngs for PT magic on my hamstrings over the last few weeks, as well as to the school girl in the sari who gave me a slice of pizza at mile 15 on the run, definitely the best thing that I had to eat all day...until the ham, eggs and grits at Waffle house on Sunday.



Pre-Race Prep: New tires, tubes, chain and cleats so the bike was running like a top. But, there's no way to train for the 13 hour drive to Panama City. We entered the central time zone on Wednesday in Panama City...then the time changed again on Sunday with Daylight Savings Time...then again on the return trip a couple of days later. Including a side trip to Mobile, that's 30 hours in the car any way you look at it. The condo was sweet...a nice living area, 2 baths & 2 BR, so



Shay got the King and I got the 2 queens to spread out my gear. It was  $\frac{3}{4}$  mile to the start, but what can you expect for \$100/night on a busy week like this.

Swim...This was another memorable swim...the strong brine taste, slight buoyancy, the rhythmic swells of the ocean and 2,500 other participants in a mass beach start. The air temp was in the upper 30's, so we were all glad to get into the water, which was in the low 70's. On a practice swim on Thursday morning, we had high surf and a thunder storm. On Friday there were 20 mph winds leading to concerns about whether we'd even get to



swim, so I was grateful that we didn't get short-changed. A girl from Chicago, who was behind us in the registration line, described her experiences as a slugfest and mentioned another girl in the Medical tent with 3 broken ribs from the swim. So I started early, but to the far right and then eased over as the crowd started to thin out, only running into small groups on a few occasions.

Bike...The weather for the ride was cool, but sunny, with nothing particularly remarkable about the flat, scenic course. There was a nice headwind early, while we were fresh, so we had a crosswind or tailwind for the later part of the ride. I didn't see a lot of drafting and the marshals stayed on top of any packs that started to form. Just keep your head down and find something to think about (and eat) for 7 hours. There were aid stations every 10 miles, but the weather was so nice that I didn't stop other than for my special needs snack at mile 56 (can of soup and a Boost). Because of the cool morning temps, I rode in a rip-stop nylon vest over a long sleeve coolmax shirt and I was comfortable all day. The extra pockets in the vest were a bonus that helped me tote all my groceries. Poly mittens, bike gloves and neoprene shoe covers completed my fashion statement and kept my extremities comfortable in the unseasonable weather. As Bruce will tell you, if you can learn to relieve yourself in the saddle and don't waste time in the Porta-Phillip, then you can cut another 5 minutes off your ride time.

Run: The course was a double loop to the state park and back. There were very well stocked aid stations every mile and it was great to run without a fuel belt or hand bottle. At the pre-race meeting, the participants cheered when told that there would be 4 more light stations on the course. So, I guess that they only had a couple in the past, because there were still several dark stretches. If you're not planning to finish before sundown, then consider one of those LED light sets to go on your visor. Pinecones, potholes and other road hazards just don't show up in the shadows. Bert (my fashion advisor) convinced me that compression leggings

(calf sleeves) would eliminate fatigue on the run, so I actually put them on before the swim and wore them all day. At 10 pm, I topped it all off with a free 30 minute post-race massage by a lady named Angelique (*heaven sent*).

Nutrition: I've realized that products like Perpetuem and Carbo-Pro just don't keep me going and I can't make it without solid food. Whatever works for you...Develop a plan, make sure it works in training and then stick with it on race day. I still had about 1,500 calories in my pockets at the end of the day, but I know what works for me and don't mess around with the sponsor's surplus inventory that's on the course.

Finally, kudos to Bob & Mike for motivating the rest of us geezers to challenge ourselves...and to Lizz and Bruce & Angie for keeping us all on our toes....and to all the encouragement that the Tricreds give to each other throughout the year.



Congrats to everyone for your accomplishments this past season.

Five loads of 4 day old laundry, each washed twice and life is almost back to normal.....



BIB	OVERALL PLACE	TIME	RACE DIVISION	DIVISION PLACE	SWIM DIV PLACE	SWIM OVR PLACE	SWIM TIME	SWIM 100M PACE	T1
2120	2004	14:55:42	M60-64	26/43	22	1742	1:24:04	2:13	15:55
BIKE DIV PLACE	BIKE OVR PLACE	BIKE TIME	BIKE PACE	T2	RUN DIV PLACE	RUN OVR PLACE	RUN TIME	RUN PACE	
33	2114	7:05:06	15.8	12:53	24	1920	5:57:46	13:40	