

# Boru Duathlon

Killaloe



Sunday April 7th  
2013

Race Report From A Newbie



Right , first off I need to honest about one thing , when wearing a Tri



suit I feel bit like this guy

and

had I more energy on the second run I might have high 5'd all the spectators saying "I like, it's nice"

On a more serious note though Boru was my second Duathlon and having made a complete bags of the Ennis one 2 weeks previous I knew I had to have a bit more of a plan than just show up and see what happens , Ennis however wasn't a complete waste of time because I learned a lot , nerves got the better of me on the day and what the nerves didn't get the cold did.

**My plan** was simple , get everything organized on saturday , know what I was going to wear for each section , I am a bit like an old Ford Cortina and have a tendency to overheat in the second run so that needed some consideration. For the run I decided that a 48 minute 10 k pace would be a good goal for me , I know a lot of my team mates could actually get some sleep at that pace but for me it was going to involve a lot of effort , the cycle leg was going to involve getting to Killaloe early and driving the route to have a look and I'm glad I did , to me it wasn't as flat as I was led to believe but it was great finding that out in the car and not the bike , in any case the plan for the cycle was to find the best pace I could manage while still leaving something in the legs for the second run as I had cursed every step of it in Ennis two weeks before.

**My Execution** , The run went well for me , I felt good from the off and my Garmin was giving me the feedback I wanted , to be fair to the organisers , the run was lovely and very scenic and plenty of support out on route too. I got back to T1 in in 24.30 or there about's and to a Newbie 24 anything is 48 minute 10 k pace , so I was happy with that and it gave me confidence heading into the cycle. The cycle went alright but I spent a lot of the time thinking about the second run and saving the legs a bit for that , there was a slight downhill approaching the dismount line and I decided to try get my feet out of my shoes on the way down that , it didn't work in Ennis and it did work here either , my shoes (soon to be my old shoes ) have 3 straps and as soon as you open them they close again , I managed to get one foot out and then the shoe flipped over and started to drag along the ground , I cycled the last bit

to the line with one leg only and dismounted to get the other shoe off as we were warned not to run down the hill to transition with our shoes on , the second shoe didn't come off to easy either and there may have been one or two profanities used in frustration. The frustration was soon forgotten as I started to run down the hill with the bike, my legs hurt running down that and I thought to myself that Run 2 was doomed. Out of T2 and back up the short steep hill , surprisingly by the top my legs felt grand again and I settled into the same pace as first run which surprised me a lot. I made it through the run without to many passing me but I was glad to see the entrance to the finish when it appeared up in front of me , I finished strong and was happy with the way it went , actually if I am honest I was delighted.

For me what was even better than the race itself was the banter with all my team mates before hand , there were lots of Gotri , Ennis Tri , CRNS , & Shannon Masters there , everyone encouraging each other and wishing each other the best for the race , there was plenty of slagging also but it was all good. Out on the route itself there was plenty of encouragement from team mates cheering each other on , I was surprised at the amount of spectators that knew me by name and even more surprised and the amount of people shouting "well done Gotri" at



me , yes I managed to put on the Go Tri suit the right way around this time , STL slagged me saying it made me go a bit faster , he was right , it came into my head that people like Andree , Dave , Liam , and Trevor had already passed a long the way and it wouldn't be good for anyone to see me calving on the side of the road in the Go Tri gear.

All in all a brilliant and very enjoyable weekend with a great bunch of people , I am well and truly hooked on this , but for now it's back to being a bag of nerves as we all prepare to swap that first run for a swim , I can't imagine how nervous I will be when my first Triathlon comes around but for now I am just concentrating on training and trying to enjoy all 3 disciplines of my midlife crisis.

Ronan.