



Race Report - Carl und Stuart

Na ja, es ist Sonntag der 21. Juni und ich habe noch nicht der Wettkampf Bericht unser tolle Wunderschöne Wettkampf in der Schweiz geschrieben! Es wird noch länger dauern wenn ich dass ganze auf Deutsch schreiben würde, deswegen, habe ich mich entschieden den Bericht auf Englisch zu schreiben. Na ja, ihr konnt alle super Englisch, und mindestens haben wir jetzt ein bisschen International Geschmack! Los geht's.....



Friday 5th June

Carl and I travelled down early Friday, arriving in Rapperswil, CH at about 6pm. We checked into the Youth Hostel, only 10 mins walk from the start/finish/Messe location. The dark storm clouds however did not look very promising for the weekend ahead. Never the less despite the weather we immediately saw how beautiful the area was, even with grey skies the mountains and lake looked lovely. The location of the 70.3 Ironman event was Rapperswil, a historic town on the shore of Lake Zurich, approximately 1 hour drive east of Zurich.

After unpacking we decided to drive the bike course to see how it was, we had seen on the course map that we had printed out from the Internet that there were two steep hills, the second, and most steep was worryingly called 'The Beast', we were a bit nervous! The first and last 10km of the bike course were quite flat, they were simply an 'out-and-back' along the lake shore. In between there was a 25km round route up and over a large hill. As soon as we turned off the lake road and started up the first climb, called 'Witches Hill' (Hexenberg), we were both very glad that we had our 25 tooth rear gear fitted on our bikes. It was a 12% climb, approx 1,5 km long, with several corners.

Oh shit we thought! What have we done? The bike course continued UP for the next 10 kms, including 'The Beast', a 15% 500 m long climb. By this time Carl was beginning to wish that he had brought his 27 tooth gear with him! Once at the top it was mostly downhill for 15 kms back to the lake road, but in typically dirty Swiss style, they managed to find a few more climbs just to keep things interesting!

After completing the drive of the bike course we found a restaurant, ordered two Hefe (with Alcohol), and revised our target finish times by 30 minutes! A sub 5 hour now seemed unlikely. Just to make things even worse, it started to rain!



A wet looking Carl outside the Messe

Saturday 6th June

We woke early, had breakfast and went down to the Messe and Start Area to register and get our bearings. Registration took 10 minutes, after which we had a look round the stands. The rain continued, however we decided to test out how cold the water actually was in the lake. We squeezed into our wetsuits, sheltering under a tree to keep dry, and dived into the 16,2 deg C water!! Due to all the rain the water was surprisingly murky and unclear, however it did not feel as cold as we had feared.

Later we checked the bikes into the large change area, covered them to keep off the rain, and after MORE pasta, we relaxed in the hostel, and went to bed early.



The bike park/change area - note the plastic rain covers! Summer?

Sunday 7th June - RACE DAY!

We woke early, had breakfast, and walked with our bags 10 mins to the swim start.

The sun was shining, the sky was blue, and the wind was light. Perfect!! We were ready!

The swim was an easy out and back course, keeping the boats to the right and the buoys to the left. Due to the lack of a suitable beach it was a water start, in Startwellen according to age groups. The profis went off first, we watched them race off down the swim course, then the AK Wellen went off in 20 mins intervals, out start was at 10:20 (AK40).



The swim course - water start, out and back

We entered the water 5 mins before 10:20, and waited for the gun. There were 350 people in our wave, and once the gun went I think 349 of them immediately swam over, under or in front of me! The first 10 mins were like being in a washing machine, and it proved very difficult to find a steady stroke. Anyway after a while everything calmed down, and I exited the water at about 31 mins. We had to climb up a ramp out of the water, then up some steps, and finally a long run along a carpet to the bike change area several 100 meters away! The swim split time was taken as we entered the bike area. My time was 33:21, Carl's 38:21, we were both happy, especially Carl who's swimming has improved lots since joining Sisu (thanks Jan!)

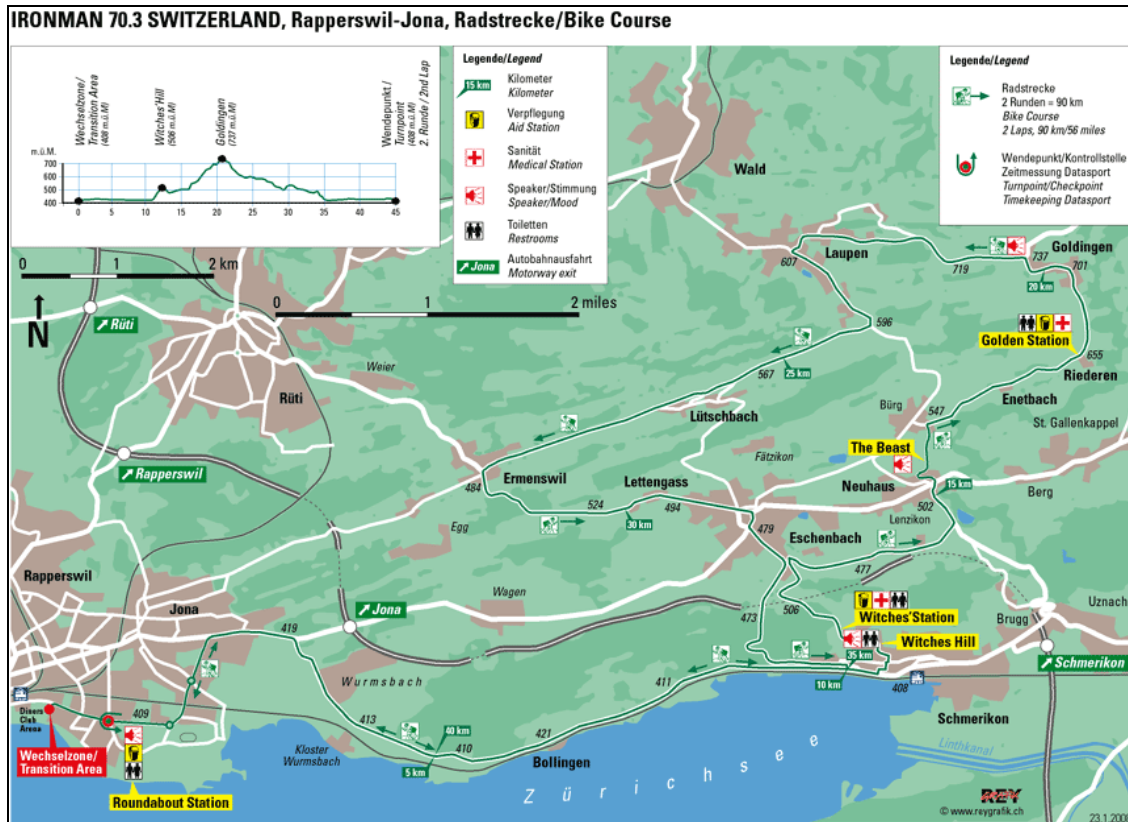


Swim start Profis

After a long run with bike out of the bike area we were finally off on the bike course. The first 10 km were flat along the lake, but then came a sharp left turn and then immediately Witches Hill and 12% for 1,5 km. We both selected the 25 gear and tried to spin up the hill. The crowds were noisy, and many were dressed as witches. We were not really able to enjoy the view however as we battled up to the top. The next few kms were up and down, but mostly flat. Then came the Beast! 15% but thankfully short. Again the 25 was used, and we spun our way up. The next 10 km were UP, a steady 5-10% climb to the top of the hill at Goldingen. There were plenty of feed stations however, and lots of mad Swiss with noisy cow bells! The sun shone down hard, and the sweat dripped off our noses as we made our way to the top.

Once at the top it was downhill and fast! When I dared to look at the Tacho I saw 65 km/hr and very quickly looked up again! A few more hills lay before us however before we finally reached the lake again, and the 10 kms back into Rapperswill and the turn, and the start of lap 2. Unfortunately the large number of riders on the course meant that

Windschattenfahren was sometimes unavoidable, however the Wettkampfrichter seemed to be understanding, and at least we did not see any penalties on the bike course. In the end we were both very happy with our bike splits, it was a hard course and therefore harder than anything that we had ever done before in a race.



Bike course - x 2 laps, 900 Hohenmeter!

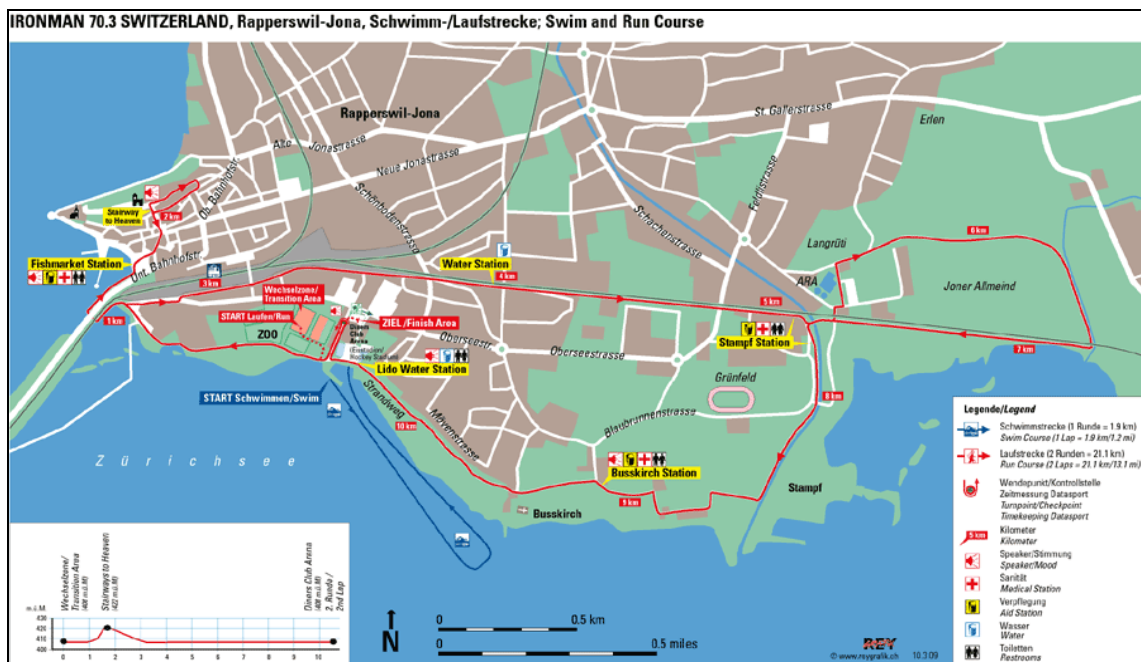


Carl wishing that he had a 27 tooth gear!!



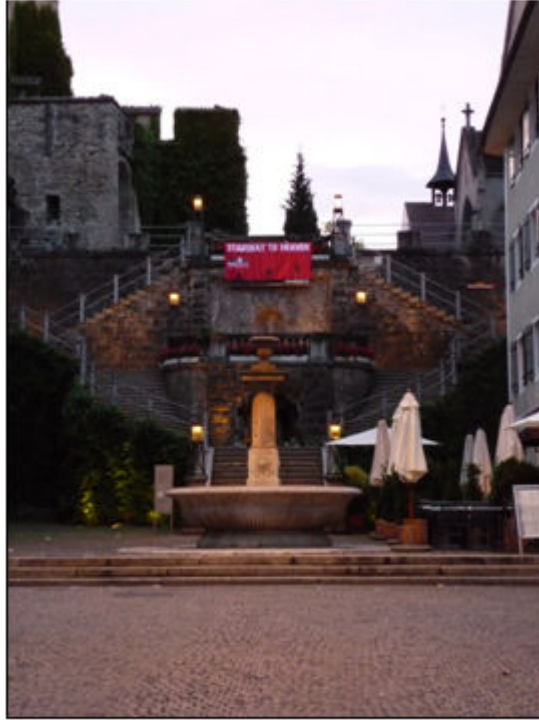
Carl 'King of the Mountains' Isaac

The run was two laps of a course that partially went through the Altstadt, and partially around a residential area behind the main town.



The run - two laps plus stairs!!

The interesting part was the stairs, 40 off them called the Stairway to Heaven. These had to be climbed twice, once on each lap. At the top was the church, I am sure that the cheerleaders looked like angels!!



The Stairway to Heaven - we had to run up the right side TWICE!

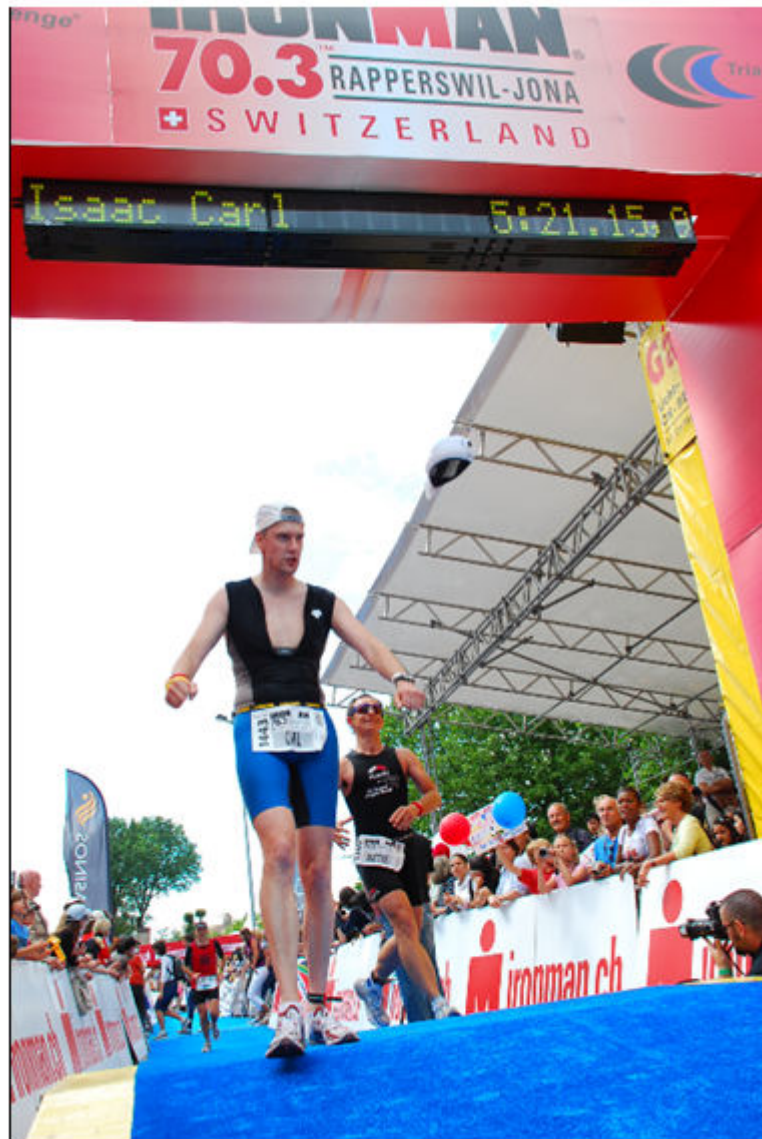
The run went well for me, I managed to hold a steady pace, and felt good all the way round, although I was disappointed not to go under 01:40. Carl however found it a lot harder, it was after all his longest run of the year! The last 7 kms he struggled through, but never once walked, and came in with a respectful 01:47 hrs.

The run down the carpet to the finish had the real Ironman feeling, and we both gladly accepted our medals and a kiss from the lovely girls, although we both must have been stinky and looked terrible. Those girls must have been very brave!

We met in the food area, embraced and congratulated each other on a job well done.

After all our hard work we both were very happy with our results, even though I would have liked to have gone under 5 hours. I was 66th in AK40, Carl 138th. We are already planning our 70.3 for 2010!!

rank	name	nat	year	county/city	time	diff	category	bip	swim	trans	bike	trans	run			
1.	Schildknecht Ronnie	SUI	1979	Thalwil	3:54.30,1	-----	MPRO 1.	1	24.58,3	18.	1.10,4	2:08.24,4	1.	1.12,8	1:18.44,2	11.
2.	Aigroz Mike	SUI	1978	Château-d'Oex	3:56.10,5	1.40,4	MPRO 2.	2	24.07,3	4.	1.50,6	2:12.22,3	2.	1.07,0	1:16.43,3	3.
3.	Degasperi Alessandro	ITA	1980	I-Campestrin (TN)	3:57.47,7	3.17,6	MPRO 3.	10	24.13,0	6.	1.43,7	2:13.27,0	7.	1.16,0	1:17.08,0	5.
4.	Johnsen Jimmy	DEN	1978	DK-Oelgod	3:58.39,4	4.09,3	MPRO 4.	7	24.19,3	16.	1.21,8	2:14.59,1	10.	1.18,8	1:16.40,4	2.
5.	Cigana Massimo	ITA	1974	I-Mestre (VE)	3:59.26,3	4.56,2	MPRO 5.	11	27.21,2	33.	1.18,7	2:13.09,4	4.	1.21,6	1:16.15,4	1.
356.	Yule Stuart	GER	1969	D-Berlin	5:03.22,2	1:08.52,1	M40 66.	1711	33.28,7	343.	2.24,5	2:42.07,2	469.	3.26,7	1:41.55,1	374.
547.	Isaac Carl	GBR	1969	D-Berlin	5:21.15,9	1:26.45,8	M40 138.	1443	38.21,8	902.	2.50,6	2:49.46,3	763.	3.07,9	1:47.09,3	548.



'YOU ARE A (HALF) IRONMAN!!'



Ronnie Schildknecht winning (again!) - he did a 02:08 bike!! Super human!!



Sisu International on tour!



As the sun went down on a great day we went off for a beer (or two!)