

ENDURANCE ATHLETE
Daniel Jensen
Proves Nothing Can Stop Him

●.....
ALSO IN THIS ISSUE:

**Part 2, Inner Competitor®
Training**

Women Over 50 Series

**Supporting Badwater's
New Course**

**Endurance Mom,
Rebecca Hansen**

**Athletes of the
Anvil Double and Quintuple Triathlons**



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Perserverance, Mental Toughness and Sportsmanship

These three words are just the tip of the iceberg when it comes to describing the athletes in this issue. This issue, typically dedicated to the endurance triathlon, does not disappoint. Many of the athletes in this issue compete in the Anvil Triathlon series, which takes place in Tampa, Fla., and Lake Anna, Va., every year. While we were in production, two athletes featured in this issue – Daniel Jenson (cover) and David Jepson – both raced in the Anvil Double Triathlon in Tampa on February 28 - March 1, 2014. Jenson, an amputee, is also an endurance runner who has competed multiple times at the Badwater 135, a race which made news last fall when the National Park Service decided (randomly, one might say) to prohibit the race from being held in Death Valley. The endurance community rallied around the race and its director, Chris Kostman; and veteran Badwater athlete Cheryl Zwarkowski is racing again this year in support of the race. She signed up to run the race on its new course and will compete this summer.

Ultra tri competitor, Rebecca Hansen, is featured in our Women Competitors Over 50 Series. Hansen DNFed at the Anvil Quintuple in Lake Anna, Va., last fall; but as a single working mother, she proves that she has the will, stamina and organization to compete at a high level with the world's best endurance athletes.

Christine Couldrey of Australia completed the Anvil Quintuple after a 9-year hiatus from endurance triathlons. Like Zwarkowski and Hansen, Couldrey is another strong female athlete capable of pushing herself to her personal boundary.

Mike Hatfield – who, at 375 pounds, had a lot to lose. He took to cycling, dropped weight, and, through soliciting the expertise of training company CorioVelo, he prepared to cycle across the country...trained personally by CorioVelo's owner, William "Ironox" Pruett.

We pay tribute to the victims of the Boston Marathon in this issue, and have a story demonstrating how this tragedy has compelled people to do good things. In the Running



For A Cause column, we feature state trooper Larry West, who is competing in the Boston Marathon for an organization called Kids for Cancer. We also want to thank Gwokang Yang, a DC-area cyclist who gives local perspective on his training, and also his personal perspective on training for different types of cycling races.

This issue would not be as exciting without our Coaches Corner column from Jay Markiewicz, who penned his second in a two-part series on mental toughness exclusively for Endurance Racing Magazine. Last but not least, we are fortunate to have Earl Furfine's top ten training tips. In his monthly column, Not Yet on the Podium, Furfine teaches us how to plan for and achieve our goals – no matter how lofty.

Thank you all for your time and dedication to each issue!

Alix

Alix Shutello, President and CEO
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Daniel Jensen didn't become an endurance athlete in his 40's and long after becoming an amputee. His story shows us that no matter what, with the right motivation and the technology, anyone can go the distance.

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CONTRIBUTORS

ERM is made possible by the contributions from athletes and seasoned writers who bring their unique ideas, expertise, and perspectives to the magazine.

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The North Face, CorioVelo, Epic Ultras, and The Lost World Series.



ON THE COVER: DANIEL JENSEN

Daniel Jensen, who competes in ultra triathlons and long distance endurance runs has competed in some of the world's toughest races. Here he is at the Badwater 135 in 2008. *Photos by Luis Escobar.*

FORTUNE 500 LEADERSHIP COACH, SPORTS PERFORMANCE COACH

Inner Competitor Training[®], Part 2

By Jay Markiewicz

I recently sat through a lecture on mental toughness. One of the “tools” the presenter offered was to relax when racing. “Just relax.” I looked over at my fellow attendees and saw the frustration on their faces. The same question was running through everyone’s head: “What do I do to attain a state in which I am relaxed?” Seriously, how often do we hear that in order to be mentally tough, one should just relax, focus and have confidence...and my all-time favorite be-tough tool—“Overcome your fears!” There it is! Just be fearless! Tell that to a wide-eyed, first-time Ironman triathlete standing on the beach of a mass swim start. “Yo, dude, be fearless!”

I want to share with you a nugget that will change your approach to mental ability from here forward.

Let me frame this nugget: The professional field of “Leadership” is focused on the qualities and characteristics that describe effective leaders; the field of “Leadership Development” is focused on the set of actions, frameworks, and tools to improve as leaders.

Your nugget is that this same distinction applies to athletics—particularly with regard to mental ability. Recognize the distinction between “mental ability” and “mental ability development.” To me, mental ability is focused on the mental qualities and characteristics that describe high-performing athletes, and mental ability development is the set of actions, frameworks, and tools to improve as athletes.

Fearless is a quality. You want the actions and tools to get you to “fearless.”

So with this idea, let’s continue with the actions and tools in our series’ Inner Competitor[®] training plan to perform better and enjoy the sport more. If you have yet to read Part 1 of this series, you can find it <http://enduranceracingmagazine.com>.



To recap what you learned in my first article:

- Your brain is designed to minimize danger and maximize reward. As an athlete, you are often faced with situations your body will determine as requiring “threat response”—thereby minimizing danger.
- When experiencing a threat response, your athletic performance and enjoyment is at high risk (and by the way, when you are at work and in a threat response, your ability to perform your job at a high level is at risk, too).
- The threat response process includes your inner voice and emotions.
- Your competence at managing through the threat response leads to elevated performance and enjoyment.
- The first step to training your brain and gaining competence in managing the threat response is the intentional action of noticing.

Now, ask yourself the following questions:

- What are your three or four main tendencies when performing?
- What data do you focus on when it gets hard? When it’s going great?
- What are the top 10 situations that kick off your threat response?
- What top five things do you find yourself noticing when performing (weather, Garmin data, course, feel, body, etc.)?

Part 2 of your training plan is an expansion of Noticing, summed up with the motto: “Pay attention to what you are paying attention to!” In other words, notice what you are noticing.

I have to admit this is one of my favorite concepts, because it truly is a game-changer. The more competent you become at “paying attention to what you are paying attention to,” the better you will perform as an athlete. Period. Not only will you perform better as an athlete, you may find yourself performing better as a parent, coworker, and boss, too!

Let's kick-start this level of Noticing. Write down everything you remember from your last workout (this is most likely what you noticed). Ask yourself: What do I remember about the weather, course, equipment, data, performance metrics, body, feeling, thinking, inner voice? This is what you are paying attention to.

Part 2 of your training is summed up...with the motto “Pay attention to what you are paying attention to!”

The two things you are doing right now to “pay attention to what you are paying attention to” are:

1. Taking a moment to look at everything you just wrote down, and recognizing any themes; and
2. Listing the top five things you find yourself noticing when performing.
3. This is the process of developing awareness.

With practice, you will become aware in real time, as it happens—then the real magic begins! Boom! You will look at your Garmin data and say, “Oh hey, I am paying attention to my Garmin data, hmm”—bringing smack-dab to your consciousness that you are choosing to notice Garmin data.

This concept can feel a little heady at first; stick with it! Physical training stresses your muscles; brain training stresses your brain! When I learned about this concept at Georgetown's Leadership Coaching program, I was so scrambled that I didn't know what the heck was going on; I don't think I had a sensible thought the rest of the day. However, the good news is that with practice, this process becomes second nature.

To see more on why this is important, and to get a sneak preview of Part 3, check out <http://innercompetitor.com/video-inner-competitor-at-endorphin-fitness-2/#.UxTrmdxJ-Qd>.

In the meantime, give yourself grace and have a lighthearted approach to your mental ability development. At the end of the day, enjoyment and performance go hand in hand.

Rock!

Jay

Jay Markiewicz is an endurance athlete and Fortune 500 Leadership Coach, Sports Performance Coach, and founder of Inner Competitor® – an organization that works with clients who want to perform better and enjoy their life more. You can contact Jay at info@innercompetitor.com.

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Competing in the Greenbelt Park Training Race Series

By Gwokang Yang

Every May through August on Wednesday evenings, amateur bike racers throughout the DC metro area test their endurance and compete at the longest-running training race in the country. The Greenbelt Park Training Race Series is a USA Cycling-sanctioned criterion race run by cycling team Route 1 Velo. The race has three divisions: the C race for beginner racers, and the A and B races for advanced and intermediate racers. The races consist of a 1.4-mile loop on

It was intimidating at the start line. There were 30 racers; experienced racers lined up in front and new racers lined up in back. The head official explained the rules and then blew a whistle to start the race.

Racing in my first real road race, I was nervous, overly cautious, and afraid of crashing. I wasn't used to riding fast with so many people just inches away from me. I used my brakes needlessly and slowed too much on turns. In addition, I used the wrong gears at the wrong time. I hadn't eaten enough before the race and wasn't properly hydrated. My stomach

“Even though I finished last in my first race, I was hooked...I got used to the exploding heart and burning legs, and learned how to push through.”

and legs cramped up, and I wasn't used to the feeling of my heart exploding. All of these factors exhausted me within the first three minutes. I was dropped after the first lap and barely finished all 8 laps; I crossed the finish line in last place. The race was pain in its purest form, and I cursed at myself for participating.

Road racing is a lot different than riding a century. It isn't pedaling from start to finish and taking breaks every 20 miles; there are many skills involved. You have to be able to ride in a peloton with a large group of racers. You need to conserve energy by drafting behind racers and then rapidly accelerate with explosive power. While drafting, turning, and accelerating with the group, you also have to avoid crashing into the racers in

a paved road in Greenbelt Park with a small hill. Depending on the division, racers complete between 8 to 18 laps.

My first time trying the C race was a humbling experience. Having done centuries and time trials in triathlons, I assumed I had the endurance to compete in a relatively short 14-mile race.



front of and beside you. Speeds can reach close to 38 miles per hour in a beginner race. Road racing also requires teamwork; teammates can take turns pulling and drafting each other through a race. (Solo riders do not have that help.)

Even though I finished last in my first race, I was hooked. I continued the season, voluntarily torturing myself each week and laughing about it with fellow racers. I got used to the exploding heart and burning legs, and learned how to push through. I still kept getting dropped after the first lap, but finishing got easier.

In my second season, I improved and was able to keep up for 4 laps before getting dropped. I got used to riding with the group at high speeds. I also experienced my first crash: A racer bumped wheels with someone in front of him, causing him to wipe out and create a pileup with five racers behind him. I was the fourth one in the pileup. I hit the road and scraped up my elbow and knee, but was otherwise

fine—I was more worried about damage to my bike. I got up and finished the race.

During my third season, I started going on weekly group rides with Fresh Bikes in Bethesda, Md. Many of the cyclists on these rides also raced at Greenbelt. We worked together during races and helped each other cross the finish line. My best performance was keeping up for 6 out of 8 laps before getting dropped. Also, I was able to finish the race in the middle of the pack instead of the bottom of the pack.

Last fall, I attended Introduction to Road Racing, a two-day road racing clinic given by Artemis Racing in Maryland. I found out everything I had been doing wrong the past three seasons. Starting in my fourth season of racing, I will apply what I learned at the clinic and train with a power meter to improve my performance at the race.

The Greenbelt Park Training Race Series will start its 35th season in May 2014.



Supporting Badwater: Cheryl Zwarkowski

By *Alix J. Shutello*

With the ban on the Badwater 135 this year, Endurance Racing Magazine asked veteran runner Cheryl Zwarkowski to comment on why she changed her plans and decided to pursue a coveted spot as a Death Valley competitor.

“It [Badwater] is my first love, the very reason I became an ultra runner,” Zwarkowski said.

Zwarkowski started running in 2000, when she was 42, and became an avid marathoner; then someone gave her the book, *The Edge: A Man, Death Valley and the Mystery of Endurance*, by Kirk Johnson.

“It was this book that turned me on to the idea of the Badwater 135 and ultra running; until I read this book, I literally had no idea that this world even existed,” she said. “In 2002, I told friends, family, anyone who would listen that I would someday do this Badwater race, even before I had completed any type of ultra distance race. And, as you can imagine, everyone said I was nuts.”

To date, Zwarkowski has paced and crewed for three Badwater races, as well as buckled five times (in 2008, 2009, 2011, 2012, and 2013). Zwarkowski had not intended to do the Badwater 135 this year, as she had other goals; however,

when she read about the moratorium imposed by Death Valley National Park Service, which banned the race from occurring on its original course—forcing a decades-long race to be moved elsewhere—she knew immediately that she would apply and hope to be selected for 2014.

“I did this to support the race; the race director, Chris Kostman; the mission; and AdventureCorps. I believe in ‘the world’s toughest footrace,’ the Badwater 135—and I will remain loyal to it in whatever form it may take!”





Due to the ban on permits to host a race on the original course from Death Valley to Whitney Point, the course was changed. “As far as the new course this year...I am excited about it, and looking forward to a new challenge. I plan on going out in April and/or May and pre-running the new sections of the course. Actually, 75 miles of the 2014 course are part of the original course; 30 of it is run twice, as an out and back,” Zwarkowski said.

Cheryl can be found online at:

website: <http://cherylzwardowski.com/home.html>

Athlete’s page on FB: <https://www.facebook.com/pages/Cheryl-Zwardowski/223296847715087>

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“It [Badwater] is my first love, the very reason I became an ultra runner.”

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ENDURANCE MOM, REBECCA HANSEN LITERALLY CAN DO IT ALL

By *Alix J. Shutello*

Rebecca Hansen, single mom, entrepreneur, company owner, and endurance athlete, does it all; Death Races, Quintuple triathlons and snowshoe races. But she's also a philanthropist who competes to raise money for others.

ERM: How old were you when you made that first step to go to ultra distances? What drove you over the edge? A life experience? Just circumstance?

HANSEN: I first got into ultras after moving to Naples, Fla., with my family. I had worked in global marketing for years and was working from home in a new place and had a few extra hours in the morning to run. My first ultra was a 50-miler (that I was completely unprepared for) in Brooksville, Fla. After staggering over the finish line, I said out loud, "I will never do this again." An older woman next to me said, "Honey, you'll be back time and time again."

She was absolutely right—I was hooked!

ERM: Tell us about your athletic history.

HANSEN: I really like to push myself, and I've tried the hardest things I can find to push myself way out of my comfort zone; and swimming was one of those things that I wasn't adept at. I competed in a triathlon so I could learn to swim. I remember my first triathlon; one I did with my oldest daughter. I remember hyperventilating and doing the backstroke midway through.

By the time I worked up to it, I did the quintuple Ironman so I could finish the swim of 12 miles, which for me was the highlight of my race and one of the most difficult things I've

LISA SMITH-BATCHEN OF DREAMCHASERS IS REBECCA'S TRAINER.





I schedule all my training and racing around them, and many times have dropped out of races to attend their events. My girls are my first priority, and my athletic heroes.

ERM: On your mental training—it takes a certain mental fortitude to do this sport. What keeps you sustained during competition?

HANSEN: After I did the Death Race and got through that, I knew that I could get through anything. The race last year was 73 hours; I take that thinking into every race. Many of my races, like the Anvil Quintuple Triathlon at Lake Anna, Va., are stretch goals, so I push as long as I can. I did the quintuple to raise money for Badwater for Goodwater, to build wells for clean water in Africa and India; I will go back and finish the quintuple this year and raise even more money toward building the wells.

“I did the quintuple to raise money for Badwater for Goodwater, to build wells for clean water in Africa and India; I will go back and finish the quintuple this year and raise even more money towards building the wells.”

ever done. I compete in the Death Races because they are the hardest and most fun, endurance runs like the HURT 100 because it’s ridiculously tough, and snowshoe racing because I wanted to learn to snowshoe. Since we don’t have snow down here, I practiced on the beach, much to the amusement of the tourists.

ERM: Tell us a little about your training, who you train with and why, and how you balance that with home and family life.

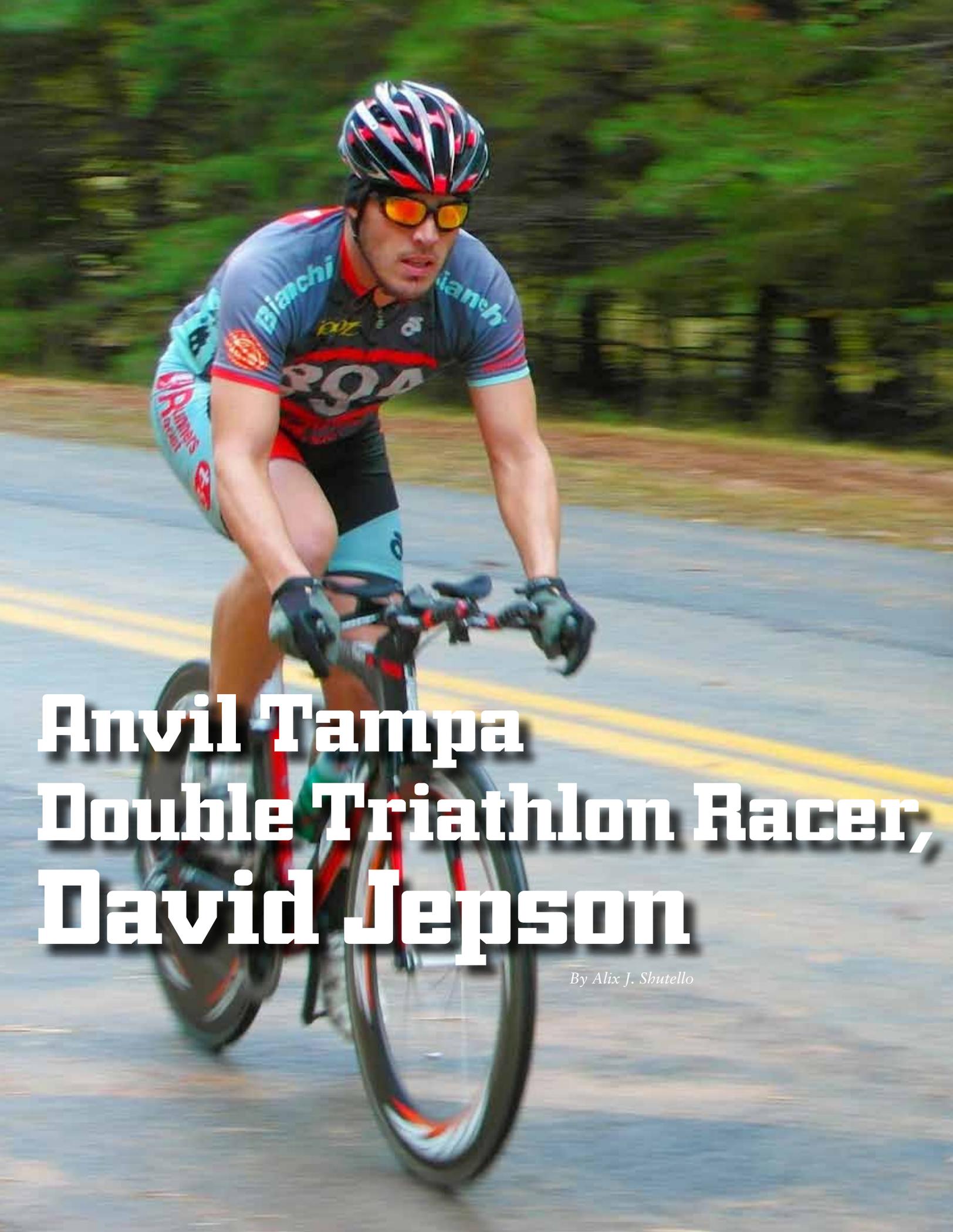
HANSEN: I sometimes train with a triathlon group, but more often it’s in the middle of the night or early morning hours on my own. I am a single mother of three girls, I work running my consulting company, I am back in school to become a Physicians Assistant, and I have a medical internship. I am also starting a food and beverage company with organic products targeted toward endurance athletes with my business partner, Jeff Miller. My oldest daughter, Maddie, is a junior at St. Louis University and swims for them as a distance swimmer (a Division One School); Hayley is 17, a high school senior, and will attend NYU in the fall. She is also a distance swimmer and will swim for them. Grace is 15, a freshman, and on the high school varsity team as well as a year-round soccer team—she lives and breathes soccer.

ERM: What drives you?

HANSEN: I like trying things that I might fail at. It pushes me. I compete against myself.

ERM: What about pain or injury...anything slowing down?

HANSEN: Well, I’m 52 and I have a lot going on right now, so can’t train as much as I would like, but I don’t think I’m slowing down—I’m in the best shape I’ve ever been in. I am so uncoordinated, though! I fractured my feet and pulled my Achilles tendons when I crashed on the bike at about mile 300 during the quintuple triathlon and yet kept going until mile 64 on the run, because I was afraid my achilles were going to tear. I once had a frozen shoulder and did a one-arm swim for an Ironman because I knew I needed the training for my double Ironman. I also slipped off the mountain at HURT and crashed into a tree and got a nice black eye. I broke some ribs during a crash during biking, my feet are always a mess, my knees are always scraped up...but it’s all part of the course!



Anvil Tampa Double Triathlon Racer, David Jepson

By Alix J. Shutello

David Jepson just competed in the Anvil Double Triathlon in Tampa, Fla., February 28 - March 1, 2014 and placed second. ERM caught up with Jepson to learn more about this amazing endurance triathlete.

ERM: How did you prepare for the Anvil Tampa Double?

JEPSON: Like much of the US, it's been a pretty rough winter here in Colorado. I find in the winter, it's especially helpful to register for races that keep me honest. In October 2013, I raced at the double in Virginia. It rained the whole time. It slowed the times down considerably, so chasing the course record was just not a realistic goal. The upside is that the run took less out of me, since there were no other racers very close behind. I was able to resume training pretty much right away, and I have run several marathons and taken a few trips to warmer parts of the country to train. Usually, I train around 20 hours per week, depending where I am in my preparation. I have found that with the Ultra racing, it's as much about race day performance and experience as it is training.

ERM: What were your expectations for the race?

JEPSON: Going into any ultra-distance race, my hopes are to not get injured, to finish and to perform to the best of my ability on that day. I generally go into the race with a specific goal in mind. If that time is good enough to win, great. I have seen so many people blow up trying to race someone else's race. After setting the course record last

year, I'm hoping for a fun, fast race, with familiar faces and hopefully lots of new ones.

ERM: How did you get started in ultra triathlons?

JEPSON: After several years of Ironman racing, I became bored with the preparation and the race. Nothing against Ironman races, I was just tired of the same routine. I was drawn to the ultra distance by the unknown. I liked the idea that there's no roadmap to help you prepare. It's very individual, and what works for one athlete may not work for someone else. I DNF'd my first attempt at a double. It took me two years to race again after that. Since then, I have had more success.

ERM: Were you always a triathlete?

JEPSON: I was an avid mountain biker from back in the 90s. After college, I began racing triathlons. I suppose I followed the traditional path of gradually going further and further. Back in 2008, after a bunch of Iron-distance races, I was looking for something different, something that I had to learn on my own. I always knew I enjoyed training alone and facing the unknown. Ultra racing lets me do that, but in a semi-controlled environment.

ERM: How do you train?

JEPSON: I live in Colorado with my wife and three-year-old son. I spend much of my summers up in the mountains, training alone on the trails and gravel roads west of Fort Collins. I have always enjoyed training on my own. I feel like I can more easily focus on my training, and there are fewer distractions. My wife was an avid triathlete also, and she is



DAVID'S ACCOMPLISHMENTS:

- 2011 Florida Double, 3rd place
- 2011 Virginia Double, 2nd place
- 2012 Virginia Triple, 1st Place (Course Record)
- 2013 Florida Double, 1st place (Course Record)
- 2013 Virginia Double, 1st Place

"I think the highlight of my Ultra Tri 'career' so far has to be the Triple in Virginia, 2012. "

very supportive of my training. People are always asking me how I 'get away' with training so much. The truth is, I was lucky enough to find a partner who not only knew what she was getting in to, but also understands the drive.

ERM: Are you sponsored?

JEPSON: I do have some great sponsors: Road34 Bike Shop, Xterra Wetsuits, Runner's Roost.

ERM: Tell us about your mental training. What keeps you sustained during competition?

JEPSON: Numbers drive me. In this kind of racing, you have to keep your mind occupied. I am continually calculating where I am, how far I have to go, how far in front or behind I am. Racing is the easy part. Training, especially toward the end of a cycle, is hard for me. I often use techniques to force myself to do that long ride or run. For example, last summer, my wife dropped me off in

Springs and I rode the 140 miles home; I had no choice. If I had set out from home to do that distance over that terrain, I probably would have cut it short.

ERM: Do you budget for your competitions each year?

JEPSON: Yes. Budgeting for these races can be a challenge. I have found that after a few years, you learn what you really need and what's just extra stuff. It's an added bonus that USA UltraTri keeps the race fees relatively low.

ERM: What drives you?



JEPSON: Speed. I want to go faster. Over the past few years, the times here in the US have been coming down quite dramatically. As more folks proceed from the Ironman ranks and start to explore ultras, the fields are becoming more competitive. It's great to see so many new faces not only looking to finish, but also to push the times lower and lower each year.

ERM: What about pain or injury...anything slowing you down?

JEPSON: I'm always impressed by the folks who can race a double Iron distance and turn around and race again in a few weeks. It takes me usually about 6 weeks to fully recover to the point where I feel like I could effectively race again. I have always had Achilles and calf issues. Much of my training is on gravel roads or other soft surfaces, to try to preserve my legs toward the end of my training for a race. Stretching is something that, as I get older, has become a big part of my routine.

ERM: Ultimately, why do you compete in endurance triathlons?

JEPSON: I compete in ultra tris for many reasons. I think first and foremost, I like it because it's different; there's no cookie-cutter approach to training. It's all about learning what works for you and then honing and adjusting over time. I also like the atmosphere. We have met some great folks racing on the ultra tri circuit, many of whom have become close friends. I started racing tris back in the early 2000s. That was really the start of the boom and the commercialization of triathlon, to the point where every race started to feel the same. The ultra races are still small and much more like the grassroots races I used to enjoy.



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RUNNING STRONG: Daniel Jensen's Story of Perseverance

By *Alix Shutello*

*Vietnam War Veteran, amputee and endurance athlete
Daniel Jensen competes in some of the world's toughest
endurance distance races.*

On February 17th, 1971, Daniel Jensen, then 21, stepped on a small landmine in the jungles of Vietnam. He lost his foot and lower calf in the explosion.

The experience changed him immediately. Jensen became a vegetarian while in the army hospital, and when he returned home, he began experimenting with fasting, cleansing his body, and meditation. "I actually lived in a meditation center for a couple of years," he said.

It wasn't until about 30 years later that Jensen got his first taste of competition. The prosthetics that were available back when he was first learning how to walk again were

On February 17, 1971, Daniel Jensen stepped on a small landmine in the jungles of Vietnam.

"I received my first simple flex foot in 1990. I ran around the block for 15 minutes, which I had never done in my life. My life changed at that moment..."





heavy, as were the feet. At that time, there were no gel liners, gel sleeves, gel socks or carbon fiber feet.

“I received my first simple flex foot in 1990. I ran around the block for 15 minutes, which I had never done in my life. My life changed at that moment. I had just turned 41, and felt like I had a lot of catching up to do. There was a whole world out there that I was not really tuned in to. That summer, I ran my first 5K—and felt like I was reborn.”

In 1991, a year later, Jensen competed in a sprint triathlon. He was not a swimmer or a cyclist, but found the experience exhilarating. In 1994, Jensen completed the Escape from Alcatraz Triathlon and the Vineman Ironman, jumping right in without much training. Little by little, through these race experiences, he started to understand how his body worked.

“The biggest challenge was trying to figure out how to tweak my prosthesis so I could go longer without breaking down my ‘stump’. This is still today the main obstacle that can make or break the finish. It’s like I’m only as good as the health of my stump.”

An Ultra Athlete is Born

Daniel Jensen was 50 years old when he participated in his first official ultra completely by circumstance.

As part of a long-distance bike event, Jensen was cast in the movie, “Long Time Coming”—a film about the 16-day, 1200-mile bike trek in 1998 by able-bodied and disabled Vietnam War veterans from both sides of the conflict. While doing the cycling event with World T.E.A.M. Sports, a friend asked if he would like to be a part of a four-man running team consisting of two able-bodied and two disabled runners. They needed an amputee runner to complete the team. Jensen said yes, not immediately realizing what that meant.

The race, The Marathon Des Sables, took place in Morocco—in the Sahara desert.

“Clearly, I didn’t understand what I had just gotten myself into: heat, sand, wind, mountains, distance, blisters, blisters, blisters, carrying a pack with all my supplies for 150 miles, including extra stump socks and an extra foot—yikes!” he exclaimed.

“It’s very powerful when you pull through the lows and find something deep inside you that you didn’t even know was there, and keep going...”

But Jensen went full-throttle into the race—and despite the difficulties, he says the experience was exhilarating—especially the day he went 50 miles.

“I was hooked and I knew it,” he said. “I had never been pushed this far, physically, mentally and emotionally.”

Jensen not only embraced this experience, but also found something inside himself that was very powerful: he learned that he could go beyond the pain, the doubts and the fear, and go the distance.

During this race, he was introduced to renowned adventure and endurance-distance racers Lisa Smith-Batchen and Marshall Ulrich, who encouraged him to sign up for the Badwater 135. And in 1999, Jensen found himself on the starting line at Badwater—again not really understanding how difficult this might be. But with the full support of his family, he ran and persevered—so much so that he was cast in the documentary film, “Running on the Sun” (a film about the Badwater Ultra).



A Loss and an Opportunity

In 2008, two of Jensen's good friends and crew people, Don and Becca Lister, helped Jensen get to Badwater and then the Anvil Triple Ironman in Virginia. But in 2009, tragedy struck: Jensen's wife of 33 years, Robin, passed away as a result of a brain tumor. "She was my inspiration and my biggest supporter," he said.

In 2010, Jensen finally got a C-Flex running foot, which changed his life once again. For the first time, he was able to get down the road faster and longer before the eventual breakdown of the stump. "It just makes it more fun when I can get closer to reaching my full potential without having to stop because of the extreme pain and possible damage to my amputated leg."

Jensen had an epic year. With the help of technology, he placed top 25 at Badwater, ran a 24-hour 100-mile ultra,

ran 440 miles of the Furnace Creek 508, and finished the DECA swim, DECA bike and 190 miles of the run at the DECA Ironman in Monterrey, Mexico.

Jensen attributes the accomplishments of 2010 to his wife's inspiration and motivation. His two daughters crewed for him at Badwater and the Triple Triathlon.

How Mental Training Makes Him Stronger

Endurance events, according to Jensen, are very meditative and he likes the way he feels when his body performing. As he competes he appreciates that his mind loves to wander, especially during physical stress or pain, coming up with all sorts of reasons why you should stop or slow down or quit or even push harder.

"I try not to listen to it or act on it. This is very challenging and stimulating," he said.

What also drives Jensen is the thought of the unknown. Sometimes you might win a race and the next year you drop out at 40 miles. That, to Jensen, is what he likes about endurance racing—the unknowns and surprises.

“It’s very powerful when you pull through the lows and find something deep inside you that you didn’t even know was there, and keep going and then finish. And if you set a PR or place at the top, even better,” he said.

Getting Through Pain and Fatigue

Jensen says that age is a huge factor now that he’s in his 50s but that he doesn’t let it stop him from doing what he’s passionate about. Jensen feels lucky to have his health and while running with a prosthesis presents its own set of challenges, yet offers him opportunities to compete as an endurance athlete.

“It is pretty amazing that you can stick this boney limb inside a hard socket, without the sophisticated design of the human foot with all the flexor and extensor muscles and tendons and ligaments, and then pound on it for mile after mile.”

As Jensen describes, the pain and blisters that often accompany running or participating in these long events—especially his prosthesis doesn’t fit perfectly—can be debilitating. After so much bruising of your bones or blistering on the amputated limb, there comes a time where you have to think about being able to race again. Ninety-nine percent of Jensen’s DNF races were because of blisters or bruising of his limb inside the prosthesis.

“It’s just the nature of running with prosthesis. I just hope to get as close to the finish line as possible before the limb breaks down,” he said.



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PRODUCTS

I use Hammer Nutrition products exclusively when training and competing (since 1992) and some of their clothing. I like Marino wool and Patagonia clothing for both hot and cold situations. I ride Scott, Felt and Kestrel bikes and have a swimming leg (which is somewhat heavy, but it works). I try to use clothing that doesn't show the logos.

OCCUPATION

My wife and I owned the South Dakota School of Massage Therapy, Inc., since 1986. I am now the sole owner and director and am also an instructor.

Christine Couldrey: Quintuple Triathlon Finisher

By *Alix Shutello*

Having last been in the U.S. to compete in the Anvil Triple Triathlon in Lake Anna, Va., Christine decided a 9-year lag was enough...and back to the U.S. she came, to do the Quintuple Triathlon — and prove to herself that she could do it.

New Zealand-born Christine Couldrey is addicted to distance. In October 2013, “Kiwi” (as she’s known to her friends) committed to competing in the Anvil Quintuple Triathlon—the equivalent of five Ironman distance races.

The Anvil Quintuple Triathlon, which took place from October 8-13, 2013, at the bucolic Lake Anna State Park, Virginia, USA, draws endurance triathletes from all over the

world. Last fall, Couldrey traveled from Australia to compete in the longest race of her career.

“I went so far as to committing to sharing a cabin in Lake Anna State Park to use as a base during the race. The conscious part of my brain was not convinced, but rationalized that logistically it would be easy, I knew the course, I could borrow all the little useful things that one needs from friends in the DC area,” she said.

Couldrey, who lives in Australia, has a lot of friends in the endurance world in the United States; including her friend, Aaron, who lives in DC and has shared many any ultra experiences with her. She believed he could be convinced to come and crew for her. She also has a longtime history and friendship with race director Steve Kirby — and when she heard there was a quintuple, she called to confirm that he was offering a race that long...and then got to training.

“In an ideal world, if one were going to do a quintuple Ironman, one would start training for it a year in advance, not spend weekends in the summer beekeeping, be involved in buying and selling properties, have minor surgery, be training for a major race during the dark, wet, windy months of winter in the Waikato. Sad to say, I didn’t manage to avoid any of those situations,” she mused.





But Couldrey is no stranger to competing in multiday endurance races, having been involved in the endurance scene for close to 20 years. To prepare for the quintuple, she trained through the winter in sun, rain, wind and hail, often on her bike with her training buddy Annette. She also (for the first time) hired a running coach, to try to make her running more efficient.

“The coaching made a world of difference. I did my best to be a good student, work hard on my form, and it paid off,” she said. “While so many of my runs were in terrible weather, I was now able to run with less trauma to my knees and

“How do you know how much is enough for a race of this length? I wouldn’t be able to answer that question until the race was over.”

legs — and while I was very slow, I comforted myself with the knowledge that I had so much more running experience behind me than I did when I attempted the double and triple Ironman races at Lake Anna in prior years.”

She remembers how terrible the suffering was when she ran two and then three marathons during the double and triple triathlons, and wondered if she would be able to suffer through five. A mantra that her running coach, Mark Sutherland, had taught her was, “I will remain calm and positive at all times.” Couldrey had found this very useful during the Northburn

100-miler she ran a couple of years before. “Each time I struggled on a long run, I would remind myself of this, and carry on,” she said.

Kiwi started training a mere three months before the Anvil Quintuple, while camping on Whitehaven beach in Australia, which, she argues, is “one of the top 10 most beautiful beaches in the world.” She trained by swimming the 7-kilometer length of the beach, with the company of fish, stingrays and even the occasional little reef shark.

“I figured the swim was only 19 kilometers, and I knew I could do 12km from the triple, and it was going to be, by far, the shortest leg...so it deserved the smallest amount of training, right?” she said. But as race time approached, Couldrey wondered whether she had done enough. “How do you know how much is enough for a race of this length? I wouldn’t be able to answer that question until the race was over.”

Couldrey had spent many of the training hours calculating speed and formulating plans A, B and C for how the race would unfold. Aaron, her friend in DC, had also taken a very mathematical approach for her, basing his estimate on time needed for each discipline on times in previous races, working out what sort of scaling factor would be needed and then calculating the estimated total time required, presenting it to her in graphical form. It looked as though the 120 hours allowed by Steve Kirby would be enough, but there would likely not be much spare time (most quintuple races allow 144 hours).

“My main goal was to finish in under 120 hours; anything better than that would be a bonus,” she said.

That meant that after she started the quintuple at 7 am Tuesday morning, October 8, 2013, she would finish by 7 am Sunday morning, October 13, in her “best-case scenario,” or even by midnight or 1am on Sunday morning, so that she and her team could all go to sleep for the night and be done with it.

With the time for serious training over, Couldrey flew to the USA two weeks before the race, to give herself time to get organized before the competition began.

In a race like this, sometimes slow and steady wins the race, because the thought that you have 4.5 days left to compete, let alone 4.5 hours in one of your swim, bike, or running

phases can be hell on the mind. Couldrey went on to complete the swim phase in 6 hours and 40 minutes. Then it was on to the bike phase, 900 kilometers done 112.5 times over an 8km loop. Couldrey reminisced how difficult that up-and-back loop was 9 years ago when she competed in the triple, and how much easier it is training at home around Lake Taupo.

“As the hours go on and on, the real competition starts for all the athletes as you switch back and forth between competing against others and competing against yourself. There is a constant need to keep mentally focused as the days and nights blend together and you begin to rely more and more on your crew to feed you, get you to sleep, feed you, get you back on to the bike or back on your feet,” Couldrey related. “In the plan, I was going to sleep for 3 hours, between about 1:30 and 4:40 am. I don’t think I quite made it to 1:30 before deciding I was too tired to carry on (again, worried about crashing my bike), but it was pretty close.

A shower for the first time in 44 hours, some pasta and into bed. Three hours of glorious sleep. For the first time in the race, I slept solidly and deeply. Three hours later, the sleepiness of the previous day was forgotten, and after some porridge I was out there again to finish up the bike loop.”

After the bike phase was finished, it was Friday; and now Couldrey had two more days of competition to get her over the finish line. Now came 65 running laps—or 5 marathons—she had to endure. The first two marathons were relatively easy, but into marathon three, things seemed to slow down.

“With the coming of darkness, came some tiredness...and with tiredness comes a lack of patience, and with that, the pain becomes suffering,” she said. “While it wasn’t too bad until the last lap of the third marathon, lap 39 of 65 was perhaps the worst lap of the entire run. I struggled my way up to the turnaround, and there I met one of the volunteers, whose name I forget, but who was always so encouraging; and every time he saw me, he made a comment about how I was always smiling — often leaning out the window of his vehicle and saying “There’s that smile!” as he drove past. I said to him, ‘It’s taken 3 ½ days of racing, but my smile has gone!’ — and he wouldn’t accept that.”

It gets maddening to see competitors finish their respective races, and Couldrey became frustrated at seeing her friends finishing their races. As she entered marathon 5 she had to keep in mind that many were finishing their triple and quadruple triathlons; she was finishing her fifth.



But as she neared the end of her race, “something amazing happened.” With 4 laps (10km) to go, Couldrey had the beacon of hope in her hand, as it had gotten dark and her brain completely overrode anything her body was saying. After walking for miles and miles, she wanted to want to run, as opposed to making herself run.

“I didn’t want to walk anymore, I was just going to run....so run I did. I was nearly there. But I still couldn’t let myself think about finishing... I needed to preserve the little bit of patience I had...but all of a sudden, it wasn’t suffering anymore; I had a job to do and I was doing it.”

Even on the last lap, Couldrey couldn’t let herself think of the finish until she had only half a kilometer to go. She said good-bye to the athletes still on the course and finally picked up the flag, and walked the last 100 meters with her friends, listening to her national anthem.

“I was so very incredibly proud of what I had done,” she said.

Right before the race, Couldrey posted a question on Facebook: “How do you race a quintuple Ironman?” Now she knew the answer: One step at a time, with unwavering patience, making sure your brain is happy, separating physical pain from emotions, and trusting your friends.

“The quintuple triathlon is by far the hardest thing I have done in my life; but I am so happy that I did it, and I finished hours ahead of my ‘best-case scenario’...what more could I want?”

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Mike Hatfield: Training with CorioVelo

By Mike Hatfield

Overweight and interested in changing his lifestyle, Mike Hatfield got on a bike. The next thing he knew, he'd completed a century and cycled across North Carolina. He completed a 3000-miler as well as 17 other centuries and several multi-day races, and then turned to CorioVelo, an endurance training company, to help him prepare for the Trans-Am Bike Race across the U.S.

My story is not unique, but I do not think it is typical. I decided to become a high school math teacher 5 years ago, at the age of 44. I left computer software development to return full-time to college to get my teaching degree. At that time, I weighed over 375 pounds and was in terrible physical condition. My daughter was out of school for the summer, so we decided to get bikes and ride to get healthy.

I once stopped at the 169-mile mark of a 189-mile race...I was physically able to continue, but mentally, I was done.

The first day we went out to ride, I could ride only 2 miles; I had to walk back to the car. I was mad at myself, but I had fun.

I began to ride almost every day and eventually broke the 25-mile barrier, then 50, and finally rode my first century the next year. I also cycled across my home state of North Carolina in the Mountains-to-the-Coast ride. The following year I joined UMCA, signed up for the 3000-mile challenge and completed 17 centuries, including a second 508-mile ride across North Carolina (over 7 days).



PRODUCTS AND GEAR:

I have all the cliché cycling gear (although finding jerseys my size was tough at first); I ride a Giant Defy; and I have tried many different nutrition supplements. I prefer power gels for short rides and HEED for the long rides. It seems to work best for me. And plenty of pickles afterward!

Soon the idea to ride across the country began to grow in my mind. When I read an article about Race Across America (RAAM), I was immediately drawn to it. I worked as a crew member for female solo rider Cassie Schumacher for RAAM in 2012 and enjoyed the experience. My original goal was RAAM in 2015; and in February of 2013 I competed in the RAAM qualifier in Sebring, Fla., finishing 3rd in my age group by riding 225 miles in under 24 hours.

The mental aspect of ultra-distance riding is, in my opinion, the toughest part. If you get it into your head that you are done, then you are done. I once stopped at the 169-mile mark of a 189-mile race because I talked myself out of finishing. I was physically able to continue, but mentally, I was done.

I do not consider myself a competitive person, I like besting my own rides, but I don't put emphasis on winning or losing—just doing.

I graduated from East Carolina University in 2012, and interviewed for a teaching job while on the road during my RAAM adventure. This is my second year teaching and I am in grad school, so unfortunately, the long rides have not been as frequent. The dream of RAAM seemed to be slipping away; but then, a few months ago, I saw a post about the Trans-Am Bike Race and immediately signed up. This seemed like the perfect stepping-stone for a future RAAM attempt.

At first I rode alone before finding local cycling groups to ride with. After I started thinking about RAAM (and more recently the Trans-Am Race), I started riding more and more by myself. The ability to daydream, brainstorm, or simply ride at my own pace is the main reason I ride solo now, but I also needed a trainer to guide me.

I posted online for a trainer and was contacted by William "Ironox" Pruett of CorioVelo. I think he liked my story and liked the challenge of coaching an overweight, middle-aged cyclist. The only drawback to our relationship is the distance; while we have talked on the phone and worked together online, we have never actually met. Even so, his advice and training have helped me tremendously. He keeps the training relevant but diverse, so that it never gets boring. He is always supportive and helps keep me motivated. CorioVelo is sponsoring me for the Trans-Am race, and for that I am most grateful.

The Trans-Am Bike Race is going to be my largest endeavor to date, and I am budgeting roughly \$5,000 for the entire trip. We are selling T-shirts to help cover the costs, but we are also using the event as a way to raise money for college scholarships for students in our area. (T-shirts can be purchased at www.booster.com/ride-for-education.)

I do not consider myself a competitive person. I like besting my own rides (times, distances, speeds, etc.), but I don't put a lot of emphasis on winning or losing — just doing. I think everyone is born with an adventurous spirit. Some just give up on it, or doubt they can do the things others do. If you never try, you'll never know.



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CorioVelo Gets to Know Their Athletes

Because of the distance between them, **Hatfield** and **William "Ironox"** use Training Peaks online.

"He schedules my workouts a week at a time and I do what he assigns. We have talked on the phone enough that he knows my schedule and my time constraints so he is able to build a program for me that works." he said.

Workouts usually consist of alternating riding on the trainer (or outside) and weight training. Hatfield says that because William took the time to get to know him and his style before making his workout schedule, the workouts have benefited him greatly.

State Trooper Larry West Will Run the Boston Marathon to Support Kids with Cancer

By *Alix Shutello*

After mistakenly running off-course in his second marathon, state trooper Larry West ran just short of 28 miles. The race director of the Gusher marathon in Beaumont, Texas proclaimed, “You just ran your first ultra.”

And from there, an ultra-runner was born—all due to a traffic error in a local marathon. West then started researching endurance races and training for longer distances. Two years later, in 2011, he ran the Rocky Raccoon 50 in Huntsville, Texas...but he had his heart set on going even farther.

“While researching ultra marathons, I became captivated by the Badwater ultra marathon in Death Valley. I was invited to pace for veteran Badwater runner Cheryl Zwarkowski, provided I finished my first 50-miler.”

The problem was, the Rocky Raccoon 50-miler was so hard, West proclaimed he would never run again.

“Mile 46 was and is still to date the worst moment physically of my entire life,” West said. “However, once I finished and recovered, I signed up for three 100-milers in an attempt to qualify for Badwater within one year (ultimately, it took me one and a half years). Meanwhile, I paced Cheryl at Badwater the summer of 2011, and I ran my first 100-miler at Arkansas Traveler 100 in October of 2011.”



“While researching ultra marathons, I became captivated by the Badwater ultra marathon in Death Valley. I was invited to pace for veteran Badwater runner Cheryl Zwarkowski, provided I finished my first 50-miler.”



West went on to run Badwater in 2013, but not before he saw the tragedy at the Boston Marathon in April and was compelled to do something to help. Fortunately, he came upon a small article in “Runners World” that included information on an organization called Cops for Kids with Cancer. Being in law enforcement and having run three 100-milers, West felt the 2014 Boston Marathon might be an opportunity to use his ability to run for others, and reached out to the group.

“The charity typically gives each family \$5,000 for those involved directly in the care of children with cancer. Their website is <http://copsforkidswithcancer.org>,” West said.

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Not Yet on the Podium

By Earl Furfine

Hi, Endurance Racing fans. I trust everyone is getting ready for a great season. I have just completed this year's first century ride, the MS Breakaway from Miami to Key Largo, in preparation for Ironman Texas. A very well-run ride: 100 miles completed Day 1 and 50 Day 2, followed by a 90-minute run. Not a bad weekend of training! Speaking of training and racing, we here at ERM thought it might be nice to share my top 10 training and racing tips. Most of these you have already heard or even followed, but it is always helpful to get a refresher!

1. Keep your pace early, and push near the end on long training rides. I tend to fall into pace groups that are a little fast for me. I've found that if I keep my HR Zone where my coach has advised for the first 70 miles, then try to hammer with a faster group for the last 30, I get a much greater benefit from the workout.

2. Manage your heart rate on the run. I am amazed at how many runners (and triathletes) can't keep their heart rate down on climbs. By simply keeping the same cadence and shortening up your step, you will keep your heart rate down—and you'll be amazed at how successfully you can climb even the most painful hills.

3. Keep up with your nutrition. This sounds like a simple plan but is often poorly executed. I tend to get behind on my hydration, particularly during Ironman; so I now force myself to drink every 15 minutes, as much as I can take in, up to one bottle an hour. I use sports drinks with 300 (plus or minus) calories and supplement with gel blocks. It takes a while to experiment with what you can tolerate, but have a plan on race day and don't try anything new.

I have never raced Ironman with fewer than 10 supporters. It is absolutely the way to go, especially on the run when you begin to tire. Knowing you will see a smiling, supportive face is better than any energy bar.

4. Flat Coke is the bomb! I was surprised when my coach mentioned that they hand this out at Ironman® rest stops. It settles your stomach (I get GU Belly on some occasions) and gives you a quick lift. Given that it is at every mile stop, the quick lift normally lasts until just about the next stop.

5. Lots of lube before, during and after the bike (enough said, and no I am not talking about your bike chain).

6. Bring fans! I have never raced Ironman with fewer than 10 supporters. It is absolutely the way to go, especially on the run when you begin to tire. Knowing you will see a smiling, supportive face is better than any energy bar.

7. Advil. (This may not be for everyone). I normally take a few between the bike and run. Of course, consult a doctor if you are unsure.

8. My own personal rule: No Alcohol. I stop all alcohol intake 3 months out from an Ironman-distance race. I know it helps my training and recovery, but more importantly, it begins the "mind over body" training that I need during race day.

9. Carry something inspirational. I have a small gift from my girlfriend that I wear around my neck during the race. It reminds me of the sacrifices she has made for me to be able to race and provides much-needed motivation during the tough parts (mile 80 on the bike is usually mine!).

10. Have a mantra! Anyone who has seen my column knows mine: "Faith, Pace, Focus, Strength". Faith in my training; keep my desired pace during the race; focus on the event I am currently on; and when all else fails, remind myself (our selves) we are Ironmen and women, the most mentally strong athletes around.

Everyone have a great race season. I am still, not yet on the podium.

Earl M. Furfine, CPA, PMP, CITP
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