

13 October 2012

IMI KONA '12

Swim 54:33
Bike 5:09:34
Run 3:02:39
Total 9:12:03



SAM HUME RACE REPORT

It's been a busy few weeks but I've finally got around to penning this little race report (and trying out some new computer skills...)

This was my first time back on the big island since 2008 and you couldn't wipe the smile off my face as I drove through town on my way out to White Sands Beach where I was staying. So many memories from my 3 previous Hawaiian IMs - it was great to be back!

I was on a quick trip this time, leaving my family at home just 6 days after the birth of my second daughter. The support from

my wife Naant and family/friends was such that they not only encouraged me to go, but were so helpful whilst I was away that my wife actually lost her voice from talking to all of the people who dropped in. The freezer is still full of bolognese sauce...

The goal

My main purpose going back to Hawaii was to win my age group after previously placing 10th, 3rd and 2nd. While I did not achieve this I still got a result that I am proud of and seemed beyond reach at 130km on the bike. Everyone has challenges to conquer before arriving on the start line plus many on race day. For me, staying injury free is getting harder, as is finding a balance between family, work and training time. I have to thank my beautiful wife and daughters for putting up with(out) me when the balance shifted beyond reasonable.



IN PICTURES



THE SWIM

54:33

47th place overall

3rd in age group

The swim start in Kona worries me. So many people trying to get the ideal start leads to plenty of rough stuff in the first few hundred metres. This time I swam with one goggle full of water for a full 15 minutes after a start line whack before I felt the time was right to empty it and re-gather myself. As always in an IM, I swam easily, finding feet and keeping my head down.

THE BIKE

5:09:34

109th place overall

11th in age group

The first 20km went smoothly, with calm, still conditions contrasting with the screaming crowd and cracking pace of some athletes. I just focused on finding a pace that felt right,

necessitated by a Garmin malfunction.

A headwind picked up and before long the going became tough - similar to those booming northerlies on Beach Rd in September. To me it seemed the standard of age group bikers had improved over 4 years, and there were plenty of legal and illegal bikers making their way along the Queen K. I rode fairly conservatively, hoping a headwind out would equal a tailwind home. This was not to be however and most of the trip home was also into a headwind. I backed off over the last 50km, losing some time but determined not to enter T2 unable to run solidly. My time was actually better than I thought it was going to be, but still the slowest I have ridden in Kona. Still, on a hot windy day, getting the pacing right was the priority and the run would be the tell-all.



THE RUN

3:02:39

37th overall

3rd in age group

It's so important to remember that sometimes you just feel better when you start running, and to not think your day is going bad prematurely.

Fortunately I started off at a reasonable pace and started picking people up. There were some flat moments such as after running up Palani, but overall I think my run was solid for such a windy and hot day.

There was plenty of support out there from Australian athletes and supporters recognising the the CBD kit. I had a good 5km running with Greg Farrell out of the Energy Lab, and as usual I crossed the line looking pale and unsteady enough to earn some TLC in the medical tent. The appearance of my feet still frighten onlookers 3 weeks post race.



THANK YOU

Support from the home front

Antho Moustakas at **CBD CYCLES** and **Alistair Wilson/Marty Clucas/Darren Rutherford** at **GIANT** have kept me on the best and best-running bikes I could possibly have, and their support is a massive assistance and provides such peace of mind.

Trent Harlow at **MIZUNO** understands athletes and running better than anyone, and he has been incredibly helpful in guiding me through Mizuno's vast range to find training and race shoes that work for me.

Paul Visentini at **PHYSIOSPORTS** Brighton has immense experience in working with triathletes and his healing hands and pragmatic approach have kept me on track when trouble threatened.

Craig Percival at **AQUASHOP** is generous with his time and advice, and provides a great range of swim products - I've used **BLUOSEVENTY** with great satisfaction for the last 6 years. Also many thanks to **Dan O'Brien** at **POWERBAR** for his assistance and advice with training and race day nutrition.

