



**Interview with 2010 Coeur d'Alene ID Ironman Scott Talbert
(This was Scott's first IM 12:22:14. He is married with two wonderful daughters)**

LS: Congratulations on finishing the 2010 Ironman Coeur d'Alene.

ST: Thanks, it was a long day coming and I'm glad we got it done. Thanks for all the help!

LS: How was your training leading up to the big day?

ST: Training went really well with several long bricks of 90-105mi rides and then followed up with 10mi runs. The only problem was the lack of additional running due to my achillies problems. The other important part for me were weekly long open water swims at Lake Lanier that helped with the confidence in the water and helped figure out all the small details before the race. Things like what's rubbing on the wetsuit, which goggles to wear, how to sight buoys, holding a line without having to see it more than every 6-8 strokes, etc..

LS: Please give me a rundown of your nutrition for race day, beginning with the night before the race and ending at the finish line.

ST: The night before was pasta and chicken, just a normal meal in proportion and items, nothing unusual to what I would normally eat. Along with lots of extra water throughout the whole day and evening. Went to bed early 8:45-9pm knowing I would want to be up early for a long day. I got up at 4:30am, stretched, got ready and had breakfast fairly soon after waking up. I had my usual breakfast meal that I would eat most every morning for my long training days; it was oatmeal with walnuts, raisins and honey, along with OJ and a banana. Once done with b'fast finished getting things together for the swim and we headed to the swim start for body marking at 5:45am. We got to the beach area about 6am, checked on transition bags and suited up for a 7am start. For the bike I had (2) 26oz bottles of Hammer's Perpetuem each with an additional scoop of Carbo-Pro for extra calories. I had a third bottle just like these two that I picked up at the 60mi mark. Throughout the ride I picked up (2) bottles of water and (1) bottle of Gatorade, so that I did consume about (1) bottle per hour on the bike. I also carried GU's Roctane (2) and a cut up Clif Bar for some solid food but didn't get into it much just the GU's. Once on the run I knew that the race would have stations about every mile so I didn't carry anything with me knowing beforehand that I would drink/eat from the course. Once on the run I worked to get to my right heart rate and locked in on that pace. Going thru the stations I would always take a water to consume part of it and then most of the water and ice I received was used to keep my core cool. I figured that if I could keep my body cool I could continue running without any problems. It was about mile 16 that I finally took some solid food (orange slices and a GU) to keep from bonking in the last stretch back to the finish line. Also during this last 8mi stretch I continued to take water for drinking and cooling and on occasion Gatorade for sugar. This worked all the way to the finish and had no problems sprinting it in for the last 400m. In the finish area I did finally eat some pizza, it was great!

LS How did you pace yourself during your race?

ST: Prior to the race I discussed with Lee what would be my ideal heart rates for the bike and run and I used these markers as HR's to aim for. The bike HR was higher than I expected for the pace I was keeping but I was comfortable but I always wondered was I burning matches that would haunt me later. Towards the last quart of the bike the HR did come down to where I wanted it to be but I was thinking more about the run now (bike mile 80 – 112) and wanted to be ready for a good run. Once on the run I had the first 3mi to work things out and settle in but once I locked in on a pace I just held it and the HR stayed where I needed it. The run pace was slower than I wanted but it was the pace it was to be. The depth wasn't there and all I could figure is the lack of running to stay off the achillies was what kept me off a bit on my run pace.

LS: Please tell me your best moment of race.

ST: The best moment was the realization that I was going to be able to finish the run without any walking. I knew at the last turn around, mile 20 that I was going to be able to bring it home but I just had to continue to keep the body cool with water and ice.

LS: Please tell me your worst moment of the race.

ST: The worst moment of the race might have been during the swim when I realized I was swimming well but was getting caught up in with some of the slower swimmers that I opted to go into the water after. The mass swim start was crazy but I was able to find open water right at the buoy line and I could see the buoys that kept me on line. It was at the corners of the course that it slowed down and there was nothing you could do but tread water until everyone in front of you made the turn. The course was too short from corner buoy to corner buoy on the far end of the rectangle course.

LS: Did you get to enjoy the post race party?

ST: I got to go to the finish tents for food and message and after soaking it all in for a while the family and I headed home to get cleaned up. Then once at the house I was not interested in going back to the finish line area. I was looking for a nice comfortable chair with my feet kicked up.

LS: What motivates you to compete in triathlons, as opposed to just exercising for the sake of fitness?

ST: Competing allows me to set goals with my training and something to look forward to. I enjoy racing and seeing what I'm still capable of doing even as I head to 50yo in a few more years!

LS: What are your race plans for the remainder of 2010 and 2011?

ST: I head to the TransRockies mountain bike stage race on August 6th. The race will be 7 days with a total distance of 250miles and 40,000ft of climbing. This may be a bigger deal than the Ironman! More uncharted territory on what we can do.