



## **Lee Simril's Interview with Wife and Husband Ironman Triathletes Joanna and Brian Crooks**

LS: Congratulations on finishing the 2009 Ironman Kentucky.

JC: Thanks!

BC: Thank you.

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

JC: Very difficult due to my work schedule. I had to miss several planned workouts and learn to just not stress over it.

BC: Training was harder than the race itself.

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

JC: Night before – salad, bread/olive oil, spaghetti & meatballs. Prior to race (2 hours) Scrambled eggs (mostly whites) and 3 pancakes with peanut butter and syrup. Bike – 1 GU and 1 Endurolyte every hour with Gatorade or water in between. Took a 350 calorie Ensure at the bike Special Needs and overloaded on calories causing stomach distress, so I increased my Endurolytes to every 30 minutes and only took in Gatorade and water. Run – Continued with Endurolytes, Gatorade and water every 30 minutes with some coke, grapes, and oranges every now and then. Just couldn't stomach anything more.

BC: Night before – salad, bread/olive oil, spaghetti & meatballs. Prior to race (2 hours): Scrambled eggs (mostly whites) and 2 waffles with butter and syrup. Prior to swim start – 1 GU. T1 – 1 GU and 2 endurolytes. Bike – GU and 2 endurolytes every hour, bike Special Needs PB&J Uncrustable, 45 minutes prior to finish of bike – PB&J Uncrustable, 20 minutes prior to end – 350 calorie Ensure. Water and Gatorade throughout bike. T2 – 2 endurolytes. Run – After mile 6 mixture of grapes, pretzels, water, and gatorade at each stop. After mile 14 chicken broth at every other stop (lost endurolytes – contain those things) along with grapes, pretzels, water/Gatorade at each stop.

LS: Please tell me your best moment of race.

JC: At about mile 23 on the bike when someone grabbed my rear-end, and even better, it was my husband – he had survived the swim.

BC: When I grabbed the swim exit handrail and realized I wasn't going to drown afterall.



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

JC: After a windy 112 miles on the bike (I don't like aero) coming into transition and thinking about the fact that I now had to go run a marathon.

BC: I thought it was my flat tire, but then realized having the valve stem broken on the replacement tube was even worse. I only had one tube and therefore waited 40 minutes for the course mechanic to bring a replacement. Overall it cost me about an hour on the bike and painful memories of bikes passing me by.

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

JC: No, not many people are left by the time I finish. But the McDonald's drive-thru was great!

BC: No, I was sleeping on the sidewalk waiting for my wife having race officials continually wake me to make sure I was ok and not passed out.

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

JC: The tattoo of course! HA! But really I like to have a goal to work towards and a race gives me a definite timeframe to work off.

BC: Because my wife has a IM tattoo

LS: What are your race plans for the "Off Season"?

JC: Adventure racing and trail running

BC: Overcoming my mental barriers to open water swimming, adventure race and trail running.