

SuperSeal Triathlon Race Report
April 11, 2010
www.superfrogtriathlon.com

This weekend, I was in San Diego competing in the SuperSeal Triathlon. It was my first race of the year and a great opportunity to get a feel for how training is going and what I need to do to be ready for the rest of the season. It was a successful weekend with a second place finish and a solid first race.

I flew out to San Diego and met up with Mr. Charlie Clark and our host for the weekend, Tony Yeager. Tony is in training to become a Navy Seal and was gracious enough to show me around the base and the Seal Training grounds. It was amazing to see the level of training and dedication involved with the Seals! The rest of the weekend was spent adjusting to the time change, getting ready to race and enjoying the beautiful city of Coronado.

Race morning started out with the ½ Ironman Superfrog race before the Olympic Distance Superseal 2 hours later. I watched the Superfrog racers take off, drank my EFS Drink and pre-race, and warmed up. It'd been almost 5 months since the last time I put on the BlueSeventy wetsuit, but when I did, I knew it was time to go! The race started with a smooth bay swim. I felt strong throughout and came out with about a thirty second lead and feeling fresh. It's nice to have my swim fitness where it needs to be thanks to my training with the Dayton Raiders!

After a ¼ mile run to transition, I hopped on the bike and took off looking to increase my lead. The course was fast and flat and I saw my lead move to over a minute after the first of two loops. I felt strong and comfortable on the Veritas bike and ISM saddle despite the relatively windy conditions... Until I was passed like I was standing still by the eventual winner, Michi Weiss. A former Olympian in Mountain biking with the 3rd fastest bike split at Kona last year, Weiss came out of nowhere and was quickly out of sight! I must have had a decent lead out of the swim to stay in front of him for the first half of the bike! I put my head down and pushed hard into T2 trying to give chase.

I felt pretty good heading out on the run despite heavy legs. The run was with the wind for the first half, but on dirt trails. I fought to establish a rhythm and hoped to get a glimpse of the leader. By the half-way point, I was bummed to see that I was down by 4 minutes, but happy to see that I also had a 2 minute lead on the 3rd place racer. Turning into the wind, I kept up my turnover and finished the race solidly with a time of 1:54.

The race was a great tune-up for the season and I will be working over the next few weeks to sharpen up and develop a bit more top end speed. Next up is St. Anthony's down in Florida. Thank you to everyone for a great race and to my great sponsors for helping the season get off on the right foot: Newton Running, Kiwami Triathlon, First Endurance Nutrition, ISM Saddles, Veritas Bicycles, ESS Eye Pro, and Great Clips Salons. Pictures from the trip will be posted on the website shortly. While on the site, please be sure to click on the Blazeman logo on the main page to find out more about ALS and to donate to the Blazeman cause!

St. Anthony's Triathlon

www.satriathlon.com

4/25/2010

This weekend I was in St. Petersburg, Florida for the St. Anthony's triathlon. This is the traditional early season opener for many of the top triathletes and always a great race! I started my pro career here in 2007 with a great race and since then I always seem to struggle to find my form this early in the season. This year sadly followed the trend as I ended up finishing in 18th place well behind my time from last year and goal of making the top 10.

I drove down starting on Thursday and met up with Ashley and our friend Dustin at the Tampa airport before arriving at the race site Saturday morning. It was great to see a bunch of the St. Pete Mad Dogs and many of the top racers at the expo and pro meeting. I chatted with the ISM Saddle guys (who were BUSY!!), racked the bike and took a quick swim in the bay. We settled into our homestay with our excellent host Stephanie and just relaxed. It was a nice prep day that ended with a great little pizza shop with a cycling theme (Tour de Pizza)! I got to bed relatively early feeling pretty good and excited about the race.

Race morning came early with a 4:30am wake-up. I put on my race numbers and my brand new Kiwami suit. I sipped on some EFS with Pre-race to prepare for the humid Florida weather and drove to the race site. I warmed up with a quick jog and prepped my transition area. When everything was set, I swam across the bay to the swim start and got ready to race. The Start of the swim was perfect and I settled into a great rhythm right with the front pack. About a third of the way into the swim, the water got pretty choppy and I lost contact with the leaders. Despite losing ground, I felt smooth and controlled as I exited the water with the main group right between Greg Bennett and Craig Alexander. I knew if I could hang with these guys on the bike I would have a solid race.

Coming out of transition, I was right where I needed to be and feeling pretty confident until I hit a bump in the cobblestone street and sent my only water bottle flying! I hadn't even washed the salt water from my mouth so I knew I was in trouble. Mentally and physically the next 15 miles were brutal as I tried to stay focused and ignore the ever-increasing ball of cotton in my mouth and throat. I lost ground to the main group at a rapid rate as I struggled with burning legs and a mind that was intent on pointing out any and all signs of dehydration! I was able to grab a bit of water at the bottle exchange on the course, but only enough to wash out my mouth and get a few swallows. It did help a bit and I was able to get to transition where I had an EFS Shot and water waiting! I took a huge drink from both the water and the shot and took off on the run.

I felt wiped out as I took off on the run but my legs were surprisingly light. I think my constant electrolyte intake the previous 24 hours helped me from completely breaking down. I gained speed each mile and felt almost good heading into the last mile as the EFS Shot started to absorb. Of course the damage had been done and I came in 18th just about 3 minutes slower than last years' time. It was a disappointing finish, but it was a great lesson in just how important fueling and hydration are in a race!

Rev3 Knoxville Race Report

www.rev3tri.com

5/09/10

This past weekend I was in Knoxville racing the first leg of the 2010 Rev3 Race Series. The Olympic Distance race was the marquee event for the weekend with a half ironman and full ironman coming later in the season. Coming off a tough race at St. Anthony's, I was looking for a bit of redemption after a solid few weeks of training. The Rev3 crew puts on a great race and everything went smoothly the day before the race. The field was very deep and the atmosphere was exciting heading into Sunday morning.

It was a chilly morning with an air temp in the low 50's and a water temp of 69 degrees, which meant no wetsuits for the Pros. I set up transition and slipped into the river about 15 minutes before the start of the race to warm up. I felt good, if only a bit cold during warm-up and was ready to go at the when the gun went off. I felt smooth and found myself in the front pack with Matt Reed, Cameron Dye, and Brian Fleishman as we rounded the first bouy. I continued to swim strong and exited the water in 5th position with the leaders in sight. I ran through transition and hopped on the bike and tried to warm my body up. I was shivering from the cold water and cold air and actually started to shiver on the first few miles out of the city.

The bike course was challenging with great hills and descents, but try as I might, I could not warm-up. I continued to shiver and had trouble reaching for the brakes a few times going downhill. I was passed by most of the pro field that had not already dropped out and came into transition miles behind the leaders! I fumbled with my shoes in T2 and took off on the run to try and salvage a bit of time lost on the bike. Unfortunately, my body was fried from the past hour's battle with the cold and I finished in a disappointing 29th place.

It was the second tough race for the season and I'm working on recovering and gearing back up for the next stop in the Rev3 series. Hopefully I'll be able to pull myself out of my slump! Thank you to all of you who give me the support and motivation to turn the season around. Newton Running, ISM Saddles, Kiwami Triathlon, ESS Eye Pro, BlueSeventy wetsuits, Great Clips Salons and First Endurance Nutrition are my great sponsors. Check the website for pictures and more!

Although I have not been able to donate much prize money to the ALS Blazeman Foundation YET, I hope that you will be able to help me to support the cause. This month marks the 3rd year of John Blais's death. If you are looking for inspiration, check out this video:

http://www.youtube.com/watch?v=xrEUyliApus&feature=player_embedded

To donate to the cause, visit this site:

<http://www.active.com/donate/teamblazeman/EricLimkemannTriathlon>