



Sunday 27th May, 2007

Ironman Brazil is a “MUST DO” race. It has gone down as one of my favourite overseas Ironman races.

Firstly, the race is set in Florianopolis, the capital of the State of Santa Catarina which is in the Southern region of Brazil, a one hour flight from Rio or Sao Paulo.



Caption: Aerial view of Florianopolis

A picturesque city and for me, it felt like I was in either Portugal or Spain where I was reminded of the simple things in life. For example, watching the locals net the fish on the beach, which we later ate in the restaurants; access to decontaminated fresh fruit and vegetables and socializing with the locals who are cheerful and relentlessly helpful.

Brazil is coming into its winter so temperatures were cool but pleasant. Apart from the 25 hrs door to door journey from the United States, the entire trip to Ironman Brazil was exciting and fun.

The race itself was awesome! Firstly the swim start, the part of the race I think most of us dread. The water was calm and you could see the 7ft buoys marking the course. On the beach there were two huge colourful air balloons which were there to guide us back to shore. It was a 2 lap course but you exited the water after the 1st lap, went over a timing mat and then re-entered the water to complete the second lap. It was also a dry land swim start so that was a first for me. 1200 competitors stood on the beach waiting for the horn to blow. Some day soon, I will

have a good swim! There was a strong current which took some of us over to the right, hence having to swim back on target to the beach and those huge air balloons. Even though my swim time was slow, I still very much enjoyed the swim.



Caption: Jurerê Internacional Beach- swim start

It was time to set and forget and deal with the next task at hand, the bike.

Having done Ironman UK the past 2 years which is extremely hilly, the bike course was refreshingly flat. The bike was 2 loops and started in the quaint little town of Jurerê and basically took us out to down town via a highway. Excellent road surface for 95% of the bike and we had our own wide lane on the highway. It was a good course where you could easily break it down into sections. Brazil is known for its fast bike course. And for those of you who are inclined, drafting is rife.



Caption: Rode a sub 5:30 on my new sponsored Quintana Roo bike

From bike to run ... when I dismounted my legs felt they were still bent in the bike

position. I rode 90% of the bike on my tri bars with my legs constantly turning. Although a flat course with some rollers and a few hills, my bike muscle groups didn't get a chance to stretch out.

Into the change tent and straight to the Porta-potty (that's what the Americans call it, known as the Portaloo to us!).

Out of the tent and my legs felt great considering just a couple of minutes before I thought "how am I going to run". I started the run a little slower than normal. My objective was to run slower and keep my heart rate low for the first 30 minutes. The maraton was going to be an experiment.

I absolutely loved the run course! Very scenic and spectators everywhere! The locals at the aid stations were great. The run course was flat, well kinda!! There were a few hills and the one in the photo below was substantially steep, well enough to walk on one particular section! The neat thing is we got to run down this on the way back!



Caption: Trust me part of this hill you had to walk up, scenic though!

The first loop of the run was 21k and that's where the hills were. Then we did two 10k loops which were flat. My goal was to run sub 3:30. However, didn't happen on the day. I finished up with 3:31. Not quite sure where I lost the time because I felt strong pretty much the entire run. Oh well, back to the drawing board!



Caption: Last 10k of the run

IM Brazil was a great experience and a fun race!



Caption: Very happy at the Finish Line – Age group 1st place and 12th female overall

There were only three Australians, myself, Philip Miller who placed 4th in a very competitive 30-34 age group in 9:31 and Andrew Chafer in the 35-39 age group in a time of 10:57.

Anyone wanting to chat more about IM Brazil, feel free to email me at teresa@teresarider.com. Next year I hope to organize a Brazil Ironman trip for age group triathletes. Therefore anyone interested in a Brazilian experience, drop me a line.

Train and race safe
Teresa
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