

ADVERTISING

**VONAGE**  
THE BROADBAND PHONE COMPANY®

**SIGN UP WITH THIS AD AND GET ONE FREE MONTH OF PHONE SERVICE**



Unlimited Calling to US, Canada and Puerto Rico  
**\$24.99** /month plus tax  
**START SAVING**



NWclassifieds | NWsource | [Subscribe](#) | [Contact Us](#) | [Seattle Post-Intelligencer](#)

[Jump to](#) ►► [Weather](#) | [Traffic](#) | [Mariners](#) | [Seahawks](#) | [Sonics](#) | [Forums](#) | [Calendar](#)

seattlepi.com

NW Outdoors

search ?

NEWS

Local  
Neighborhoods  
Sports  
Nation/World  
Business  
A&E  
Lifestyle  
NW Outdoors  
Short Trips  
Outside  
Take a Hike  
Gearing Up  
Snowbound  
Visitors Guide  
Photos/Reprints  
Special Reports

COMMENTARY

Opinion  
Columnists  
Letters  
David Horsey  
Saturday Spin  
Forums

WHAT'S HAPPENING

Calendar  
Movie Times  
Restaurants  
SeattleNoise

COFFEE BREAK

Comics & Games  
Horoscope  
TV Listings

P-I ANYWHERE

E-mail Newsletters  
News Alerts  
RSS/Web feeds  
PDA  
Cell Phones

MARKETPLACE

• [Jobs](#)  
• [Autos](#)  
• [Homes](#)  
• [Rentals](#)  
• [Classifieds](#)  
• [NWsource](#)  
• [Shopping](#)  
• [Personals](#)  
• [Place an ad](#)

ADVERTISING

GEARING UP

Thursday, October 20, 2005

## Gear Junkie: The gear was a winner, the Junkie was not

By [STEPHEN REGENOLD](#)  
SPECIAL TO THE POST-INTELLIGENCER

To borrow an old line, the best-laid plans of mice and (Iron)men often go awry. Thus was my case with Ironman Wisconsin, an event for which I'd committed hundreds of hours of training over the past six months, only to be struck down with the stomach flu three days before the race.

I did finish the race, to be sure, which is an accomplishment in itself, especially considering my ill condition. But my clock time of 16 hours, 22 minutes put me near the bottom of the pack. (I was hoping to finish in about 12 hours.)

On the upside, the gear I used on race day performed superbly, giving me an edge that contributed to my very survival during the race's swimming, biking and running sections.

The standout products of the day were the T1 First Wave triathlon wet suit from De Soto Clothing Inc. (\$424, [www.desotosport.com](http://www.desotosport.com)) and the Specialized Transition Comp bike (\$2,600, [www.specialized.com](http://www.specialized.com)).

During the 2.4-mile swim, the first leg of the race, I took it easy and stayed near the edge of the massive, 2,000-person swim pack. With its extra buoyancy in the legs, the De Soto wet suit let me swim only with my arms, essentially dragging the dead weight of my legs along while crawling. This technique allows racers to save their leg muscles for the upcoming run and bike segments. The two gigantic loops in the lake took me one hour, 31 minutes, which is an average time.

Jumping onto the bike, I was optimistic. The swim had actually been refreshing and rejuvenating, and I felt a surge of energy as I pedaled off onto the 112-mile course. The Specialized Transition Comp bike is the speediest cycle I've ever been on, and during the first half of the bike loop I spent most of my time in a tuck position passing other riders.

But as the miles continued to come, hour after hour, my body was wearing down and my back was cramping up. I finished the bike leg in seven hours, 16 minutes, which is a mediocre time. (Times were long in general on the bike section for this year's Ironman Wisconsin -- held Sept. 11 in Madison -- as racers were hit with a quadruple whammy of 95-degree heat, intense sun, high winds and an air-quality pollution

MARKETPLACE

[Jobs](#) | [Autos](#) | [Shopping](#)  
[Homes](#) | [Rentals](#) | [Post an ad](#)

TOOLS

 Print this

 E-mail this

**MOST POPULAR**

Today's most e-mailed

- [Man charged with trespassing on farm in horse-sex death](#)

►► [Most read](#)  
►► [Most e-mailed](#)  
►► [Most printed](#)

ADVERTISING

Too rash?  
Sell it for cash!



Sell your stuff  
online for **FREE.**

NWclassifieds

OUR AFFILIATES



warning for the region.)

Next up was the marathon, 26.2 miles of running, walking, limping and crawling. I ran the first couple miles before nausea and discombobulating exhaustion had me surrendering to a steady walking pace. I trudged along in my fancy Brooks Racer ST 2 shoes (\$80, [www.brooksrunning.com](http://www.brooksrunning.com)), which are svelte running flats made to keep your feet light and nimble during a long run, but the high-tech gear unfortunately wasn't much help by this late stage. I finished the marathon in an embarrassingly slow six hours, 55 minutes.

But in the end I know I can take solace in the fact that fate and a few conspicuous flu germs are what really kicked my butt, not faulty gear and not a lack of preparation and training. It wasn't the prettiest race, but I finished, darn it. And for that I can now call myself a true, if quite slow, Ironman.

Stephen Regenold is a Minneapolis freelance writer and the founding editor of the climbing magazine Vertical Jones. Contact him at [sregenold@hotmail.com](mailto:sregenold@hotmail.com).



[Printer-friendly version](#) [E-mail this story](#) [Get e-mail news updates](#) [Subscribe to the P-I](#)

## Do you know your Credit Score?

Excellent • 750 - 850



Good • 660 - 749



Fair • 620 - 659



Poor • 350 - 619



I Don't Know • ???



**Find out INSTANTLY!**



### HEADLINES

[Mount St. Helens backcountry has a beauty all its own](#)

[Hike Of The Week: Ridgeline views are not for skiers only](#)

[Short Trips: Old Navy, new glitzy converge at the water](#)

[Ask Kristin: Squeaky pack begs a look at internal vs. external frames](#)

[Gear Junkie: The gear was a winner, the Junkie was not](#)

[Forest Service Proposes More Private Concessions](#)

[Outdoors Report: Hunting opens marginal](#)

[Area Recreation Clubs](#)

[Get Out: Getaways Calendar](#)

[Get Out: Best Bets](#)

## Seattle Post-Intelligencer

101 Elliott Ave. W.  
Seattle, WA 98119  
(206) 448-8000

Home Delivery: (206) 464-2121 or (800) 542-0820

Send comments to [newmedia@seattlepi.com](mailto:newmedia@seattlepi.com)  
©1996-2005 Seattle Post-Intelligencer  
[Terms of Service/Privacy Policy](#)