

IRONMAN 70.3  
**BUFFALO SPRINGS**

**RICOH**  
imagine. change.



FINALLY. They say good things take time and winning my first Ironman 70.3 took a number of years but I finally did it on Sunday at the Buffalo Springs 70.3 in Lubbock Texas. Fresh off the confidence boosting performance in the Boulder 70.3 I was extremely motivated to go a couple places better and be on top of the podium at my next race which was two weeks later.

Two weeks is a funny time between races as you need to recover from one and taper for the next but you still need to do a fair bit of work to keep the fitness up or improve on it. For some reason I recovered extremely quickly after Boulder and was back into very solid training by the Tuesday. I had a great Tuesday to Sunday and then it was taper time again.

It was a very early start race morning with a lovely 3.30am alarm to start the feeding process. 6.30am as the sun was just coming into the canyon the race started. I had a great swim and battled side by side for the lead with one of the other athletes for most of the swim. With about 100m to go I slipped onto his feet and Joe Umphenour passed me so I exited the water in 3<sup>rd</sup>. On to the bike I knew my riding form was good so I wanted to go out there and get a big time gap. It's a really deceptively tough bike course and at the first U turn I saw that I had 2 guys on my tale, Fabio Carvalho (who I considered a dark horse) and young Justin Metzler. I think it was some where about 40km I started to drop them which was pleasing as I was getting a little worried about them. That gave me a new boost and I continued to push the pace.

I had an idea of the wattage I wanted to hold going into the race but I like to go by feel as well, and today I was feeling good and pushing 20+Watts more than I thought I should. At the last turn around I started to count in my head to get the gap back to Justin who was now in 2<sup>nd</sup>. I think it was about 1min 40 at this point which isn't huge but I knew the last stretch (30km) of this course is where a lot of time can be made, so I kept the pressure on. It seemed to pay off as I rode 5mins faster than I did last year and had a 5min gap to second off the bike. But I didn't know that until 5.5km into the run. The run went well, I went out hard and just tried to hold on for as long as possible. I did the first lap in exactly 37min 30sec which I was pretty surprised with and then with a lot of pain and suffering the second lap flew by. I tried not to think about the win but at about 2miles to go after the last out and back I got pretty excited and couldn't quite believe I was running to get my first 70.3 win.

Grabbing that finishing tape is something I have imagined doing for so long now and when the time came to do that I was so pumped and excited. That moment is what motivates me everyday to get up and put my body through what it takes to win and I still cant quite believe it. There are so many people who helped me get to this point so I just want to say thank you.

There is still vast room for improvement across the board so I am excited to continue to work hard and push my limits. Next up for me is Vineman 70.3 in less than two weeks.

Can't wait for that already.

<http://lubbockonline.com/sports/2015-06-28/bowstead-sets-record-winning-ironman-703-buffalo-springs-lake#.VZFQpPIVik>

Regards,  
Mark



NAME	COUNTRY	DIV RANK	OVERALL RANK	SWIM	BIKE	RUN	FINISH
Bowstead, Mark	US	1	7	00:23:44	02:09:09	01:17:53	03:53:04
Leiferman, Chris	US	2	9	00:25:17	02:12:26	01:17:25	03:57:19
Metzler, Justin	US	3	11	00:23:48	02:14:11	01:22:36	04:02:34
Baird, Christopher	US	4	14	00:26:39	02:13:06	01:23:29	04:05:36
Rapp, Jordan	US	5	15	00:25:04	02:12:18	01:26:45	04:06:42

# RICOH

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