

Chris McCormack Wins Quelle Challenge!

Here's Macca's post-race report:

"Well what a race. I am still amazed at how well it all went. I came to Germany with one goal and that was to win this event. No other non-European has been able to do it, so I was determined to give it a big go.

"Last year I missed out by three seconds and the taste for victory here was big. To be honest I tried a completely different build up for this race. I have been up in Bend, Oregon in the USA training, and I decided to build my intensity more for this race and reduce the mileage. I have been getting out on the bike with Steve Larson, Kerry Classen, Conrad Stoltz and Chris Horner and riding hard and fast. The mileage has been right down but I think my strength from all the work I did with my Ironman Australia preparation has stuck with me. The goal was to stay fresh and I arrived here in Germany feeling great.

My hitout last week in the German short course champs was a good pre-race build up. I felt great and just relaxed all week.

"Race day was perfect for me. The two young German guys Timo Bracht and Faris Al sultan had promised they were going to go from the gun and they did just that. Faris won the St Croix Half Ironman this year in the USA by 8 minutes and Timo was the winner in Ironman France and Ironman Florida last year. Both guys were really motivated to beat up Lothar who was back as well, looking to win his 6th title.

"I felt absolutely ordinary on the first lap of the bike, but had set myself up with a good swim. I was 2 minutes down on Faris out of the water but thought I would catch him on the bike. Lothar Leder and Timo Bracht were 2 minutes behind me and Oscar Galindez and Michael Lovato were another 2 behind them. Lothar and Timo caught me at about 70km on the bike and they were moving fast. Timo especially was very aggressive and pushing hard on the climbs and attacking the flats. At the end of lap one we were still 3 minutes behind Faris. I found my legs on the bike at about 100km and really picked up the tempo. Lothar was starting to struggle so I attacked at about 120km and dropped him. I was very surprised but happy. I couldn't shake Timo Bracht though and he hung with me to Transition. We got off the bike 5 minutes behind Faris and I knew then we were in for a tough run.

"I can't explain it but I got off the bike and just felt incredible. I decided immediately to just throw away any tactics and just go out after Faris. It took me 30km to catch him but I knew we were running fast. I have never felt so good in a marathon before and was just knocking over the kilometers easily. The crowd was going berserk and yelling to us to go for under 8 hours. They kept screaming



we were on world record pace. I am sure it was the encouragement that made me dig deeper as I just never seemed to fatigue. I pushed all the way to the line to break 8 hours and to beat Faris by 70 seconds. The news is just huge here in Europe and I don't think it has really set in yet. I am still amazed but really just had a perfect day. My preparation was perfect and I executed a great race. Faris really set it up by setting such a solid pace. Timo Bracht hung on for third in 8:09.45, with Michael Lovato edging out Lothar for 4th in 8:23.16 and 8:25.11 respectively.

"My time was 7:57.50 the 7th fastest time in history and a marathon run time of 2:40.23, the third fastest time in history. There are only 5 athletes to ever break 8 so it is a great feeling to be a new member of an elite club. As the only non-European athlete to ever break 8 hours is also cool. To also win in Roth was just amazing and a dream come true. I should have some pictures and stories up on my website [www.chrismccormack.com] in the next few days with a little bit more depth.

"Thanks again for all the well wishes. I am well and feel great at the moment. Next goal is Hawaii so have some planning to do."

Take care everyone and I will be in touch,
Later,
Macca

Note: Macca rides a Kestrel Talon SL, 55cm, outfitted with Dura-Ace/Aero 10-spd, and HED race wheels. The same bike he rode in winning Ironman Australia and the Wildflower Half-Ironman earlier this year. (As shown in the photo above, taken at IM-Australia 2004.)

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