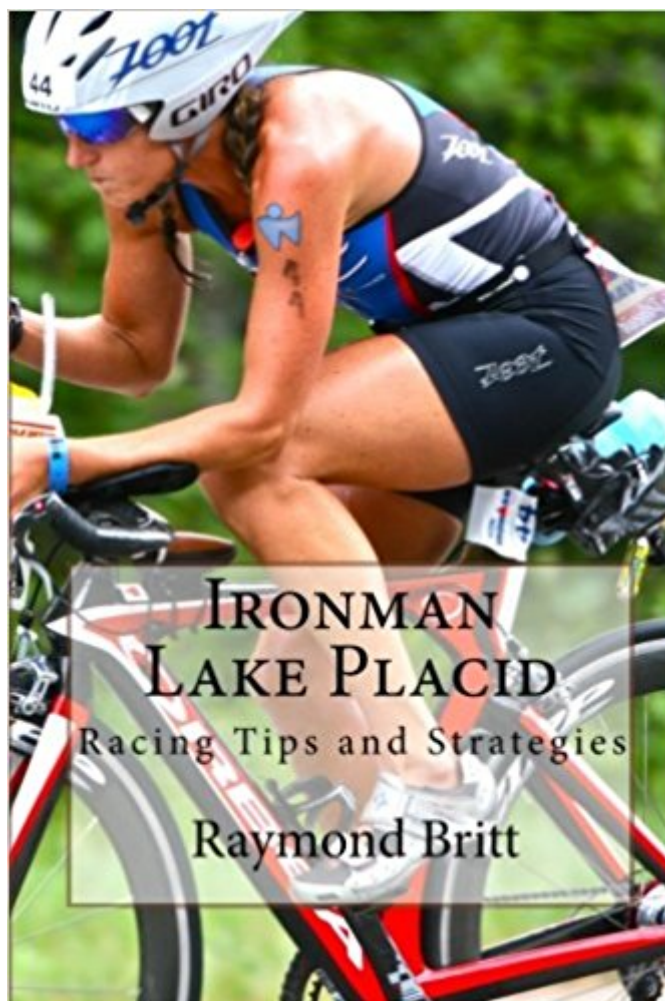


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# Ironman Lake Placid: Racing Tips And Strategies



## Synopsis

Lake Placid, upstate New York: the place where dreams come true for elite athletes for nearly 75 years. Host of the Winter Olympics in 1936 and 1980, and the Ironman Triathlon since 1999, the proud city has witnessed the epic, the unexpected and the truly remarkable. The challenging terrain, the beautiful landscapes, the inviting communities and the continuing support for exceptional athletics made Lake Placid, and its surrounding Adirondack towns, the perfect location for a new Race. I've completed 29 Ironman triathlons overall, and my clear favorite is Lake Placid, where I've competed six times. Each race brought different conditions, unexpected challenges, surprise opportunities, different outcomes, and different lessons. During those years, I qualified for Kona twice, but also struggled to finish on occasion. The lessons learned paved the way to my best Ironman ever, and in this book, they will illustrate everything you need to know about racing in Lake Placid. The experiences are all presented here, from race details and essentials, race experience reports from my races in 2002, 2003, 2004, 2005 and 2007 to detailed training plan and strategy reviews, plus tips for finishing your best Ironman triathlon. Ready to experience Ironman USA Lake Placid? Buckle up, it's quite a ride.

## Book Information

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## Customer Reviews

Raymond Britt is managing partner of WinSight Ventures, founder and publisher of RunTri.com, and a veteran of 29 Ironman Triathlons and 13 Boston Marathons.

I purchased this book to help prepare for my first 140.6 event (IM LP). I've been racing about 5

years now. Unfortunately, I found it to be very content lacking. It reads more like a personal account/journal of the race. Although mildly interesting to read, I really didn't pick up that many tips or strategies for the Lake Placid race itself. Most of things discussed are basic skills one should obtain their first year of triathlon racing in a sprint or Olympic distance event. If you have never read any other book on triathlon preparation or it is your first year racing, it might be helpful. Also found a few pieces of advice that could be very harmful (like taking ibuprofen during a race). Studies have demonstrated this can have deleterious effects on the kidneys and stomach. Also found his race preparation to be very unrealistic. He must be a very gifted athlete to only train 6-8 hours a week for a 140.6 distance event.

OK value for the price I guess. However, all I did was googled "ironman lake placid tips" and found much of the same content. I agree with the other reviewers that his bike leg breakdown is detailed and good, but this too can be found online with a little reading of race reports and blogs, in fact reading several versions gives you more than one opinion/observation/strategy for the course. I'll have to see if I go back to it as I am training for 2012 LP.

This book had great insight on the race course, race day strategy, and triathlon in general to get you through IMLP.

Did not find it very well written or informative.

Just wanted to say that this book was exactly what I needed for a race like IM Lake Placid. Since I live thousands of miles away from this event and could not get a preview of the course until I arrived 5 days before the race this was the next best thing to being there. Raymond covers the course thoroughly while still leaving you with enough of the adventure to explore yourself. I also liked his emphasis on what it took for him to make Lake Placid his Kona qualifier and what you might need to do to accomplish the same. And he dares you to dream of it. If you have never done Lake Placid undoubtedly you have heard that the bike course is no picnic. Yet with Raymond's step by step breakdown of the bike course into small digestible (achievable) chunks you can see what it would take to have a great ride and still have gas for the run. It was obvious he had done IM Lake Placid multiple times and loved it. His passion rubbed off on me the day I read the book and just knew I had picked a great race. On the flip side there are a few warts but not many. Some typos here and there and a few people might not be into the pages of his training schedule for the event. But

honestly, if you have never done this race but plan to it will be one of the best investment you can make.

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