

Wim Fierens, BEL, #56 (2016)

My story ...

isn't one of my greatest achievements in sports but more a story about not being humble enough for this race ... and what happens then!

How could I make this mistake?

After I've completed 9 IronMan distance races, done Norseman, been supportteam for my friend in Swissman ... it was time for something else.

I signed up for The Marathon des Sables in Morocco this year. So off course, swimming and biking was severely neglected and running was my primal goal.

Marathon des Sables went very well, beter then expected.

So back in Belgium, I've started training for this race. But in a laid-back way, I already finished this running race so why should I worry about finishing this race, a triathlon? The "I've been there, done that" mentality was always on my mind ... BIG mistake!!!

So I came to Austria full of confidence. Everything was fine, the sun was out. The organization team was superb, everything laid-back ... just like I love it.

Then came raceday:

Swim was ok, but in the final 500meters I started to have pain at my spleen, strange, never had this before in my races? No worries, it would go away.

Bike leg was hard, tough, but oh so beautiful ! I enjoyed every minute off it. Halfway though I've started to have stomach problems and couldn't get any sports fluid in my belly. Time to change to coke, a little bit too early according to plan, but hey, what the heck ... been there, done that!!

At the end of the bike leg my muscles didn't felt as they should feel but I was confident that there was still some power left.

In transition I've tried to eat something and drank water. Ready for the last stretch, no problems I've told myself. After about 8 kilometers I

started to feel weak and in pain. I lost focus, couldn't concentrate anymore and starting to believe there was something serious wrong. At the first point where we could meet our support group my body just blew up ... no more energy left in it!

Very disappointed I've left the race ...

I did go to Silberkarklam, by car, to give my gps device at the organization. There I've supported for my friend who was still in the race.

Just a little bit of advice for everyone who's planning to do this magnificent race: be well prepared and don't try this one without the proper training ... you want make it till the end ...

A big thank you for the organization to make this race so fantastic!

And off course to my support team, without them I didn't even made it trough the bike leg.

Hopefully I can take some revenge next year, but then I'll be prepared like hell!!

Fierens Wim, Number 56