



Narwhal News



The Christmas Edition 2012



You're Going to Kona, Baby!!!!

Congratulations to Mike Wares, who ROCKED the Florida Ironman, and in the process was awarded one of only TWO slots available to participate in the Super Bowl of all Ironman competitions, the illustrious KONA IRONMAN!!! This, ladies and gentlemen, is an accomplishment of unthinkable proportions! Mike, our hats are off to you! And, I personally need a sigh of relief, as I've always wanted to know what it's like to do an Ironman, without ever having to actually put the time and energy into it. Mike has come to my rescue, by detailing a play by play of his day in Florida. So sit back, relax, and let's all relish in the endeavor of Mr. Wares:

Overall, it was a pretty awesome day for me. I was able to put together a well executed race, got a PR of 10:32, finished 2nd in my AG and most importantly got 1 of the 2 Kona slots for the 2013 race.

Here are the details:

Prerace -- arrived in Panama City Beach on Thursday afternoon. Weather was nice and cool, not too humid. Sea was pretty rough but not unusual for the afternoon. The beaches are pretty nice in PCB, white sand like powder, clear water, water temp about 70. We stayed in a Condo about .5 mile from the race start. On Thursday and Friday Greg and I did our pre-race final workouts and swims to make sure we were not flat. While we were practicing dolphin dives into the surf on Thursday morning, I jammed my big toe into the sand and it was very painful and swollen. I iced it and then taped it up hoping it would be ok for the race. I was pretty worried about it for the next two days but it ended up not being an issue during the race.



On race morning we woke up to some pretty warm weather and very humid. I was glad we had trained in some heat in the summer and felt we could deal with it. The surf on race morning was still pretty choppy and wavy. We got our bikes/nutrition ready and did our 10 minute run and then got our wetsuits on for a quick swim. It was all pretty rushed and wished I had a bit more time to relax for just a couple of minutes before the start. Luckily we saw our wives about 6 minutes before the start and got some good pictures, hugs and well wishes. I could not believe how many people were in this race as we walked down to the beach. We headed down to the surf and we were able to wade out into the water up to our chests and then the gun went off.

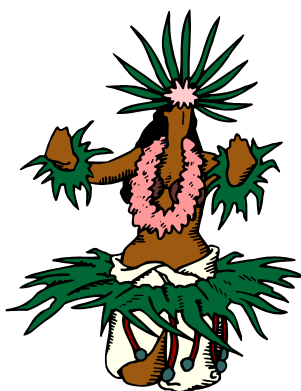
the first buoy and then it was pretty crowded. I could not sight very well due to the swells so I just followed everyone else. I tried to keep it relaxed and not too hard an effort. On the way back to the beach I started to feel some cramping in my calves, which has been a problem for me. I hit the beach and looked at my watch and I was 32:47 which I felt really good about. I made my way through the beach and grabbed a couple of glasses of water to help with the cramping. Second loop had more traffic for me on the outbound section and I had to stop a couple of times to find a path out of the crowds of swimmers. I started kicking more and the cramping seemed to subside. I got a really good draft off someone on the way back and then I was back on the beach. When I stood up I was at 1:08 and change so I thought that was competitive. Actual swim time was 1:09:33 which was 11th in my AG. Not great but still ok.

SWIM: We started on the far right and I got a pretty clean start out to

T1/BIKE: - the swim to bike transition in Florida is really long but my time was actually not that bad...about 6 min. Foot was holding up while running on the carpet and asphalt through transition. I was pretty happy about that. Got on the bike and barely saw the wives cheering us on before heading out on the road. I was not sure where Greg was but found out later he was just a couple of minutes behind me. My goal was to ride about 5:10. I figured that would put in a good place going into the run. I felt really good for the first 50 miles and it was really fun. The roads are very smooth and flat. I was averaging 21-22 mph with very little effort. On the bike I had the feeling it was going to be a good day. I poured water to keep cool, ate and drank every 15 minutes to keep fueled. Draft packs would come by and I would stay off the back just enough to get the legal draft. One guy got busted by an official while drafting off me. Miles 70, 80 and 90 ticked by pretty quickly and I still felt good. I saw Greg around mile 95 and he was not far behind me. The 5-6 miles coming into town had a pretty good head wind but I was able to push through it without too much trouble and then the turn to home had a nice tailwind. I had been pushing the last 30-40 miles pretty hard and started to wonder how the legs would feel as I

started the run....did I go too hard like in St. George??
Final bike time was 5:13:43 (21.42 mph avg).

T2/RUN: - Felt pretty good running through transition.....took about 3 min then I was out on the course. Saw Vicki and Demi just after T2 and they told me I was 3rd in my AG. I felt really good out on the run. I kept looking down at my pace on my watch and then telling myself to slow down....be patient. My goal was to run 3:45 to 3:50 for the marathon which was about 8:40 pace. When I got to mile 13, Vicki told me I was in 1st. I later learned that I had passed the first and second place guys in the first couple of miles. One more 13 mile loop to go and I said to myself that it was mine to lose so just be patient and keep a steady pace. It was hot out and the heat started to take it's toll on me. About mile 18-19 I started to really struggle with my pace, all I could think about was getting to the turn around and heading back. The last six miles were a total sufferfest (as they are in every race). I saw Greg on the way back in and he told me he was really sick and had been throwing up. We high-fived and moved on. My stomach started to get a little queasy around miles 20-22 so I stopped eating and just drank water. At mile 23 I started taking glucose tablets for quick energy and a little water. The stomach was feeling better by now but the legs were really hurting. Pace was just barely 10 min miles by now. Once I hit miles 24-25 I knew it would be over soon. Just as I was closing in on the turn to the finish a guy in my AG went by me. I was not sure if he was on his first loop or second loop. It didn't matter much, there was no way I could match his pace at that point. As it turned out he was on his second loop and beat me to the finish by about 40 seconds. Coming thru the finish chute was pretty cool. I still thought I had finished 1st. Vicki came and found me and told me I was second. Either way I was pretty happy cause I knew I had to be 1st or 2nd for the Kona slot. My final time was 10:32:15. My marathon time was 3:59:45.



Overall had a good time. For those of you that want a PR course, this is the one. Hard to get into but worth it if you do. Thanks for all the support from home.....long bike rides, swim coaching, etc. It would be no fun at all to do this without the rest of you. Looking forward to next year. We have some great races on the calendar.

Mike

*Editor's Note: I have started a Sign Up Sheet in the office for those of you who, like me, would like to volunteer to chaperone Mike to Hawaii in 2013.

'Tis The Season to Have a Party, Fa La La La Laaaaa, La La La La.....

It's official. The numbers of Team Narwhal have now grossly surpassed the confines of the Smith house. And, although I tried tirelessly to convince Paul to upgrade and expand our living conditions, my attempts were in vain. Thus, we're taking this year's Christmas Party on the road!!! We would like to invite you, the

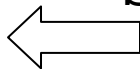
special person in your life, kids, dogs, and whoever else you enjoy spending time with to celebrate the Holidays with us at The Monastery (it's a really fun restaurant, and I'm going out on a limb to guess that there are no Monks or Nuns who live on the premises) at 4810 E. McKellips Road, Mesa AZ. We'll be there from 11:00 AM to 1:00 PM on Saturday, December 15th. That should give you plenty of time to feel festive in preparation for your next party!!! And, I was serious about bringing the dog! As long as they are well behaved and polite, they are welcome to join the festivities! Spouses and children do not need to adhere to the above rules. Paul will be sending out a follow up email in a few days with more details, but I wanted to give you plenty advanced notice so you can mark your calendar, clear your schedule, and hang out with your friends from the pool!!!

WE LOVE OUR NEW OFFICIALS!!!!

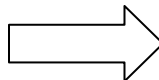
Mesa Aquatics Club would like to congratulate and thank our brand new crop of U.S.A. Swimming and USMS Officials!!!! No meet can be run without these amazing people! No doubt that their inspiration to obtain this prestigious title came from our existing volunteer Officials such as Peter Eisenklam, David Brooks, Sheila Arredondo, Amy Mullaney, Todd Gunzy, Peggy Martin and Patrick Brundage....(as each of those people are freakishly inspirational). Sandy Shrader, Greg Heden, Trix Blattman, Bill Wainright and Kent Nicholas worked tirelessly to study all the USA Swimming rules and regulations, attend seminars, go through Background Checks (that all the coaches had bets placed to see if Kent would actually pass his!) and 'shadow' veteran Officials, all so they could spend their precious weekends volunteering at swim meets across the valley!!! These are truly special people, who have a strong commitment to swimming and the beautiful gift of giving back to the community. From the bottom of our Narwhal hearts, THANK YOU!!!! To the new, and to the veteran Officials!!!! THANK YOU ALL! Smooch!



Sandy Shrader

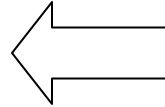


**Greg
Heden**

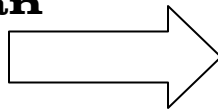




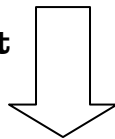
Kent Nicholas



Trix Blattman



Bill Wainright



A great big Happy Birthday to all the Narwhals who become a year wiser this month! That list includes:

Beth Lofquist, Gordon Smith, Amy Marciniak, Dave Shields, Julie Hackett, Natalie Wali, Liz Glorioso, Heather Fazio, Jason Sexauer and Jesus Christ.



Congratulations to all the fearless Narwhals that competed in the ever-so-chilly Ron Johnson Memorial Invitational!!! Great Job!!!



Annual 100 x 100's or 50's or 25's!

Please join us at Kino on December 29th bright and early at 7:00 AM (wrapping up at or before 11:00 AM) for our Annual set of 100 One Hundred Meter Swims!!! Think back...remember how much you LOVED this last year?! I know, we can't wait either!!! For those of you who don't want to log that much yardage, we are also offering 100 fifty meter swims, and 100 twenty-five yard swims. You can even mix and match! Regardless of what distance you choose, you can look forward to having a great time. Optional donations to the Non-Profit, tax deductible organization "Arizona Aquatic Sports Foundation" will be accepted. This foundation was created to scholarship less fortunate athletes who long to participate in water based sports. Awesome, huh.

Happy Holidays!!!!!!!!!!!!