



**"FOR PEOPLE WHO RUN OR RIDE  
THERE IS JUST NO COMPARISON."**

Chris "Macca" McCormack



Athlete Search: Enter bib or last name

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Event Name: **Subaru Ironman Canada** August 29, 2010

Race Clock: **17:00**

## Race Live Blog Updates

### Prerace IRONDames in force here in Penticton

Preview

For those of you who are in Penticton this week, you've probably have already seen a large number of IRONDames in their blue and white uniforms on the course as they prepare to race on Sunday. Over the next two days more than eighty friends, family and fellow IRONDames will be arriving to cheer on Kim Pace and the ten other "Dames" as they race in Ironman Canada while raising over \$110,000 in funds and awareness of the importance of exercise in the lives of those living with cancer.

The Burlington, Ontario based IRONDames are striving to make a difference in the lives of people living with cancer. They first formed in the summer of 2008, as a small group rallying around their close friend, Kim Pace, who was diagnosed with stage 2b cervical cancer and given a very poor prognosis even after undergoing radiation and chemotherapy. Pace's determination to live well, and her personal goal to participate in Ironman Canada 2010, despite never having raced before, inspired the formation of the IRONDames and their mission to fund Wellspring Halton-Peel's Cancer Exercise Program.

Good luck to all the IRONDames racing this weekend from everyone here from the IronmanLIVE and the Subaru Ironman Canada.

### Prerace Doe will be aggressive again

Preview

The 2007 Subaru Ironman Canada champion, Kieran Doe is racing on Sunday and talks fondly of the race and host community for Ironman Canada. "I love the people and Penticton it is very much like NZ, plus it holds great memories for me," Doe said. "The course also suits my style of racing with a tough one loop bike."

In 2007, Doe announced prior to the race he wanted a fifteen minute lead getting off the bike, and then proceeded to do exactly that. Talking of his race strategy for this year, not surprising, sounds very familiar. "I think this is a course that you can race like I did in 2007, so I plan on racing with the same aggression that won me the title three years ago," stated Doe.

Doe likes Penticton so much, he has been living in a home-stay (Barry and Carol Beacroft) for the past six weeks with his wife and training daily on the course with fellow New Zealander, Jamie Whyte.

Doe skipped over to Calgary, Alberta earlier in this month and in a dominating performance won his first Ironman 70.3 race. Talking about his race in Calgary, Doe said, "I was very happy with my form at this race it was right in the middle of some big training weeks for Ironman Canada so I didn't taper for this race so was surprised how strong I was, I have recovered well and just had another 2 weeks of solid work to take me to peak fitness."

### Prerace Tereza Macel - Q & A

Preview

Tereza Macel, the defending Subaru Ironman Canada women's champion, had a career year in 2009. She started the year placing third in Ironman China and Ironman 70.3 Singapore. She captured wins at the Asian Long Course

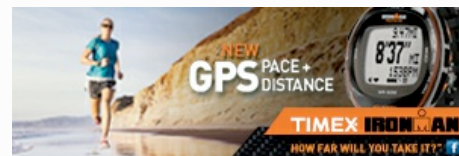


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## IronmanLIVE OnDemand



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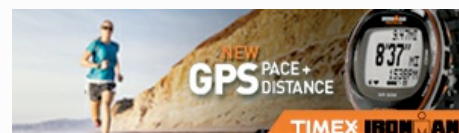
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Championships, Ford Ironman Lake Placid and Subaru Ironman Canada. Macel finished off the season with a strong fourth place showing at the Ford Ironman World Championships.

Macel started the 2010 race season where she left off, by securing her fourth Ironman title in a perfectly controlled race at Ironman Brazil.

IronmanLIVE had the opportunity to sit down and do a quick Q & A with 2009 Subaru Ironman champion.

IronmanLIVE: You had a stellar year last year with two Ironman wins in a five week span; you topped it off with a fourth place in Hawaii. Looking back, what did 2009 mean to you as an athlete?

Tereza Macel: Last year was a year I was very proud of. I took some risks, started with a new team, new coach, new training camps and new approach to Ironman racing. And I tend to be someone who plays it pretty safe, so that was not easy for me. I was happy with the year both from a results perspective, as well as a personal challenge perspective.

IronmanLIVE: You are coming back to Ironman Canada again. What is the draw for you here?

Tereza Macel: Ironman Canada is a great event, a good time of year for me, and of course I had a very good experience there last year, so there is definitely a draw to return. I must admit, it is the first time I am defending an Ironman title, so a bit more pressure perhaps, but one I hope I can step up to.

IronmanLIVE: What was your impression of Ironman Canada race last year in terms of the course?

Tereza Macel: Single loop courses are few and far between these days, so it was a bit of a challenge. It did mean that I had to break up the course in smaller pieces in my mind, and just approach each part as it came. I must admit a single lap swim seems to take a very, very long time in my mind, but the bike and run went by quite quickly. And overall I found the course to be tough, fair and beautiful.

IronmanLIVE: You won Ironman Brazil earlier this year in a very different style of win for you. It appeared that you controlled the race from start to finish, only taking the lead when you had to on the run. Is that a correct assessment of your win there? Is it a race tactic that we will see again?

Tereza Macel: Ironman Brazil was definitely a bit of a new tactic for me. I had to make some choices during the race, and I felt pretty comfortable trusting that I could have a good race by being patient. I really enjoy doing new courses, even ones that I think might not be best suited to me, and this was a chance to try a new course, and a new race strategy. I am not a 3 hour Ironman runner just yet, so this kind of tactic will only work in certain situations, but it is rather exciting to have a choice now and then as to how to race an event, rather than having to have a lead off the bike at all costs, and then just minimizing the damage on the run.

IronmanLIVE: You won an Ironman distance race in France two weekends ago, a tough race. You are coming into Ironman Canada with two weeks between the races. Do you just recover quickly, or is racing and training interchangeable for you?

Tereza Macel: The Ironman distance race I did in France was in part training, and in part something I decided to do in order to overcome a few mental obstacles I had been struggling with a little bit the past month. Racing is the best workout you can ever get, and with the way my training is structured going to a race is often the most rest and recovery I get in a week, so I figured it was a win/win situation. And yes, I do think I recover quite quickly, of course the true test will come on the weekend.



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## Prerace Women's professional entrants

Preview

- 1 TEREZA MACEL CAN
- 2 JANELLE MORRISON CAN
- 3 TARA NORTON CAN
- 4 HEATHER WURTELE CAN
- 5 KATYA MEYERS USA
- 6 MIRANDA ALLDRITT CAN
- 7 FIONA WHITBY CAN
- 8 MEREDITH KESSLER USA
- 9 ANNETT KAMENZ CAN
- 10 RACHEL KIERS CAN
- 11 CHRISTIE SYM USA
- 13 MACKENZIE MADISON USA
- 14 SUZANNE ZELAZO CAN
- 15 DR. AMANDA STEVENS USA
- 16 ULI BROMME BROMME USA



- 17 BEATRIX BLATTMANN USA
- 18 LAURA TINGLE USA
- 19 JESSICA JACOBS USA
- 20 GILLIAN MOODY CAN
- 21 CHERYL MURPHY CAN
- 22 LISA RIBES USA
- 23 ANDREA STEINBECHER DEU
- 24 SIMONE BENZ CHE

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**Prerace Men's professional entrants**

Preview

- 29 STEPHAN VUCKOVIC DEU
- 30 KIERAN DOE NZL
- 31 TOM EVANS CAN
- 32 PETR VABROUSEK CZE
- 33 VIKTOR ZYEMTSEV UKR
- 34 JONATHAN CARON CAN
- 35 CHRIS BRANDS NLD
- 36 CHRISTOPHER BAGG USA
- 37 WOLFGANG GUEMBEL CAN
- 38 SCOTT NEYEDLI CAN
- 39 MICHAEL GORDON USA
- 40 MATT FRY CAN
- 41 GAVIN SCOTT AUS
- 42 ALVARO VELAZQUEZ ESP
- 43 MATT LIETO USA
- 44 STEPHEN KILSHAW CAN
- 45 UZZIEL VALDERRABANO MEX
- 46 JAMIE WHYTE NZL
- 47 PAUL TICHELAAR CAN
- 48 DALLAS CAIN CAN
- 49 ANTHONY TOTH CAN
- 50 KUWABARA HIROTSUGU JPN
- 51 TOMAS PETR CZE
- 52 MIKE NEILL CAN
- 53 SCOTT CURRY CAN
- 54 ERNST MOSER AUT
- 55 TREVOR WURTELE CAN
- 56 CHRISTOPHER BROWN CAN
- 57 CHRISTIAN BRADER DEU
- 58 NIGEL GRAY CAN
- 59 LEWIS ELLIOT USA
- 60 OLLY PIGGIN CAN
- 61 KYLE MARCOTTE CAN
- 62 YNUK BOSSE CAN
- 63 JUAN CARLOS RAMIREZ MEX
- 64 ROB JOHNSON GBR



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