

Daniel “Danger” Knight – Ironman Canada pre-race thoughts

Well am getting very pumped about the race. The Canada course looks good, triangular swim, single lap bike course with two climbs, one at 80km the other at 150km and then the run is also a single lap ,so not great for spectators but one that suits me. There are 70 qualifying spots, and while it may be a pipe dream given it is my first full distance race, you have to have dreams and it would make my year joining captain crank it (aka Julian Wain) in Kona in October!!!

Pre-race thoughts, well I'm a few kg heavier than I would like to be 5 weeks out but still time to lose a little before the taper. Just going into 2 weeks of serious overload which I am looking forward to after a very quiet recovery week. My swim is steadily improving and have been specifically targeting getting fired up before each swim. At the 70.3 championships in Florida last year I went into the swim too relaxed and delivered the slowest swim I have ever done. I will be happy if I break the hour mark. I have just taken delivery of my new bike (check this bad boy out!!)



and the bike is my strong discipline. I will not be happy with anything less than a sub 5-hour, and would even like to nudge the 4.40-4.50 mark. The run is the big unknown for me. I have run a sub 3hour marathon on its own, 10 years ago, but after 180km on the bike who knows. Both of my half distance races last year I was carrying injuries and in Florida I also had a bad case of the cramps halfway through. I have improved my electrolyte replacement and now carry magnesium and salt sticks so am hoping to keep them at bay this time round and ideally would like to see me pull out a 3.30 marathon or better. This would give me a sub 9hour 30min race and should see me to Kona, but its a long day and everything would have to go just right to see this happen. Given the work and punishment that Mat has put me through I had better break the 10hour mark and if I do and don't qualify I would still leave the race with my head held high!!! Anything over 10 hours I will log as a failure

But anyway thats enough of the talking, its time to deliver!!!!!!

Danger