



## **Swiss Duathlon Championships & Magicman Duathlon, Germany June, 2010**

Hi Folks

Well after 6 race in 6 weeks it is time to head home and after a quick breather start specific prep for the World Champs....I am heading to Munich airport now and can't wait to join Lianne and Seb at home (they flew home from Zurich last week)

My last two races have been non drafting events which have been great training and trying to enhance my threshold and build strength. It is a type of race for which I was not specifically equipped and do not prepare for and as such I was happy to get on the podium in both the Swiss Championships and MagicMan Duathlon in Germany. I would have really liked to win the latter to finish the trip on a winning note but it wasn't to be. In both races, I was beaten by better cyclists in that non drafting format so kudos to them. The final score card for the trip was 3 victories and 5 podium finishes from 6 races so very positive start to the season

I must give special thanks to everyone who has looked after as so well in Europe...the team at Urdaitri Triathlon Taldes in particular Cesar and his family, the Baumann's in Switzerland and finally the great team at Run and Bike Kelheim, in particular Toni and his fantastic family who were so generous and fun to hang out with this last week. It really has been a privelage to spend time with so many great people and share time with people passionate about health, fitness and good times.

Finally, some great news is that their is a new Australian Duathlon Series [www.australianduathlonseries.com](http://www.australianduathlonseries.com) which should be great for our sport. I am really looking forward to doing some of these races to prepare for World's and it will be great for the profile of our sport to grow in my home country. I am hoping I will annouce shortly the first race in the series at which I will be competing.

Thanks again for all your support, hope your fit and well and look forward to catching up with many of you over the next few weeks

Best Regards

Raf

[www.rafaelbaugh.com](http://www.rafaelbaugh.com)

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