



Congratulations!

Race Report

Euskadi Olympic Duathlon Championships Amorebieta, Spain – May 2010



1st – Rafael Baugh

Hi Folks

Been good to really get cranking with the training here in the Basque Country. Every second guy I train with here is either a pro cyclist, was a pro athlete or almost made the pro's. Here, there are so many good cyclists and the advice is

as invaluable as the training company. This years world championships is a torture test on the bike and this period is so integral to my performance- basically my bike has to lift one or two levels to improve on last year, let alone win the title. I have made some adjustments to my climbing technique after getting some good feedback from the guys about my tendency to push too big a gear and waste energy on the climbs and also to get too tense in the group and try to over work my turns at the front. Basically the advice is to conserve, conserve, conserve.

Last weekend, I had a big competition here in the Euskadi Olympic Duathlon Championships in Amorebieta. The race featured former Paris Nice runner up and stage winner, Patxi Villa who is also a solid 33min 10km runner. The course had 2 big climbs and the guy is great for the race on a number of fronts- firstly he is always going to be tough to beat on a hard bike circuit and secondly because his presence attracts extra TV and other media to the event to the benefit of other athletes. It took me until 3.5km of the final run to catch and pass him and I still had pressure from behind from the local favourite and elite runner Iurgi Extandia. It was a very satisfying victory! Even better, our team Urdaitri Triathlon Taldea took the Basque team championships which is very significant here.

I am still racing on very heavy legs from the training but have a great massage therapist/ osteopath here and also extra recovery time without too much work stress. Everything is going to plan and I am happy with how I am ticking the boxes on the training front

Thanks to you all for your support and encouragement. As with all victories, it is shared amongst all those who help to make this trip possible...namely you all!!!

Thanks for your support

**Regards
Raf**