



Home
NEWS
ATHLETES
Register
Be a Star!
SPECTATORS
OTI Team
MEDIA CENTER
VOLUNTEERS
EXHIBITORS
Testimonials
SERVICE
SHOP
NEWSLETTER
Version Française

Be a Star!



Be a Star: Bruno Clairbout

Bruno from Belg fastest in transit 2006 Monaco Iron presented by CAL Investments Ltd

Be a Star! An everybody kn

We are convince every one of you to tell why HE or star! Share your others know you highlight. Be a S

Be a Star: Bruno Clairbout

Bruno from Belgium was the fastest in transitions in the 2006 Monaco Ironman 70.3 presented by CAL Investments Ltd

Bruno, let's talk about transitions, do you know that you were the fastest age grouper in transition 1 and 2?

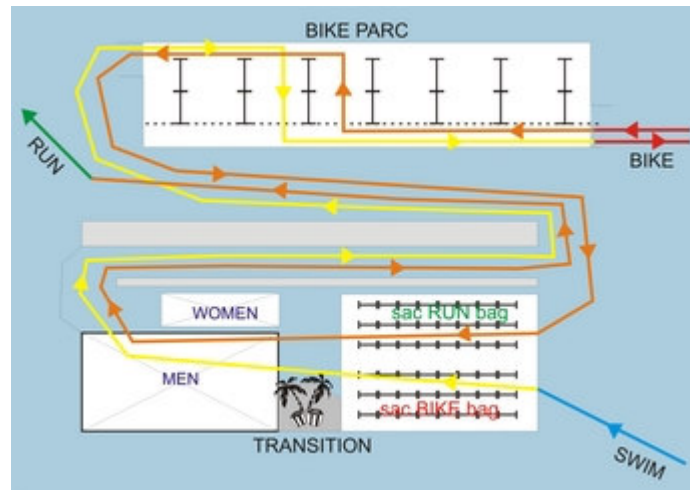
[laugh] No, I didn't! This is so funny, my coach is always so mad at me because he says I am too slow in transitions and lost too much time!

In your opinion, what made the difference between you and the other age grouper?

The average time spent in T1+T2 is 00:09:08 and your time is 00:04:39!

I mentally train my transitions. Before race day, I check the area, trace it in my mind. I visualize the location of my transition bags, I detetc easy point of reference and I know the the area perfectly. Same thing for my bike, I found it instantly. I have everything in my mind's eye.





What do you recommend to rookies and snail transitions competitors?

On Saturday afternoon, complete your race inspection; walk from the beach to the transition area then to the bike park and the way around. In the transition area, picture your bags' locations. Do this path several times.

On race day, in the last meters of the swim, my mind is already in the transition area. Triathlon training is mostly about body effort, but on race, the involvement of your mind makes the difference.

Thank you for sharing these tips revealing why you are so fast in Transitions! Generally speaking, why did you sign up for the Monaco Ironman 70.3?

I did it twice and I hope I can sign up this year too. I think it is the most beautiful Ironman in Europe! This race is really selective, it's really one's personal performance that counts. The race is tough but so nice, the landscape is just amazing.

Your best memory of the race?

Actually, I have a pre-race anecdote! I flew to Nice on Friday, I cycled to the hotel and once arrived I realized that my bike frame was broken and good for the trash bin! What a deception for me! I was already thinking of flying back to Belgium. I thought I would try something before giving up. I called everywhere, talked to everybody I could, ran Monaco from North to South and East to West. Many people proposed to lend me their bike: a guy working on a boat in the harbour, many triathletes, one of the Triangle team... Finally, my sponsor Scott managed to send me a new bike from Belgium _ along with my wife ;)...What a release! On Saturday evening, all my muscles were totally tense due to the stress!

On race day, I was so so joyful to be at the starting line among all the other competitors! And I was just happy to be here, I mean, my race objective had changed. To me it was already a achievement to start this Ironman, leave alone the Finish!

This week-end in Monaco, I literally felt the solidarity in sports and between athletes of any country. It was super! That is the spirit of Ironman!

Thank you Bruno for this nice story, will you be back in Monaco next September?

I hope so. I am not registered yet, but I seriously think about it, I have to get organized with my family and work. But, I will be at the Côte d'Azur in June to do the full distance! ;)



Bruno Clairbout
Belgium
30 years old
professor

Triathlete since 1996
IRON TEAM MECHELEN
4 IRONMAN and 3 IRONMAN 70.3
6 times Finisher
08:51:28 best personal time
03:59:00 best personal time 70.3

[CHECKIN AND TRANSITIONS](#)
[TRANSITIONS 1 AND 2](#)