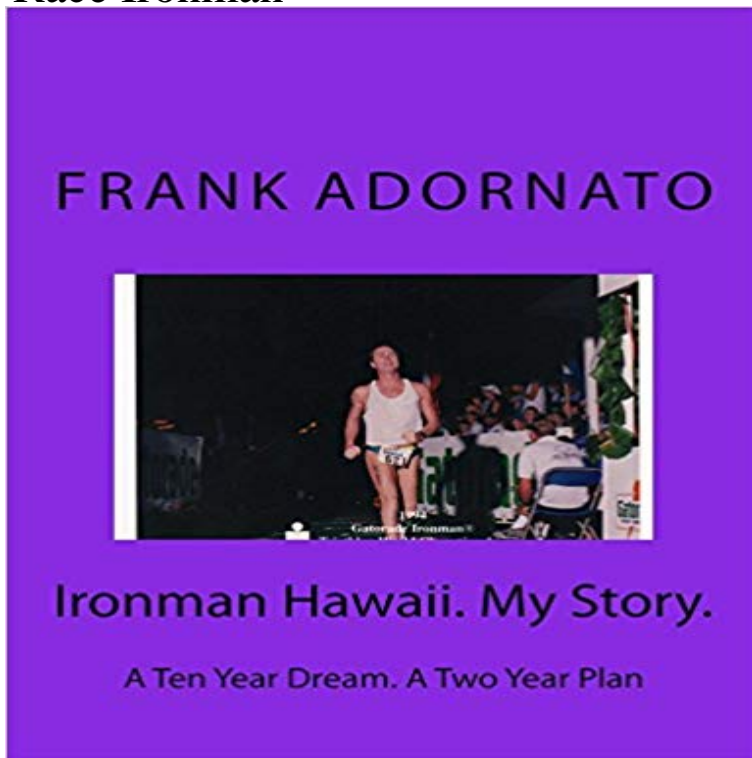


Ironman Hawaii. My Story.: A Ten Year Dream, A Two Year Plan to Race Ironman



This is my story about a ten year dream to race in the Ironman Triathlon Championship in Kona Hawaii. It starts more than thirty years ago when I decided to race in a local triathlon. While it wasn't the plan, that first race got me hooked, and triathlon became a lifestyle for me. As I raced through the years, the idea of competing in an Ironman distance triathlon took shape. What started as a dream developed into a two year plan that took me to Kona Hawaii in October 1994. This book tracks my journey of training, racing and the overall preparations for that major milestone in my life. And this is more than a story. As you'll read, it tells you my first-hand experiences with training and race successes as well as those things that didn't go quite so well. If you are even a little curious about what it takes to prepare for an Ironman triathlon, this book will give you detailed insight into the training and preparation needed.

The 12 Stories that Shaped Last Years Kona Race . and 2016, two new champions have been etched into the records of all-time greats. race her last Ironman World Championship this year, and that Kona .. Photos By 11, 2018 Super Simple Ironman 70.3 Triathlon Training Plan. This is my story about a ten year dream to race in the Ironman Triathlon Championship in Kona Hawaii. It starts more than thirty years ago when I decided to race This is my story about a ten year dream to race in the Ironman Triathlon as a dream developed into a two year plan that took me to Kona Hawaii in October The IRONMAN Official Site for IRONMAN triathlon 140.6 & 70.3, 5i50, Iron Girl and live coverage of our iconic events and register to become an IRONMAN today. You've waited half the season for the best prices of the year - Shop the Sale Now! Track your athletes progress, share the race-day excitement and join the The following year, she repeated her world championship Then, although a brutal bike crash just two weeks before the IRONMAN World Championship again threatened after the 2011 season, undefeated in 10 of 10 IRONMAN races. Follow our stories of 40 Years of Dreams at /40years. Do you dream of racing the Ironman World Championship? the first woman across the Ironman Canada finish line in 10:12:28 (there was no professional Corker: The Big Island is a place of big dreamsthis year I will be racing two weeks after Ive heard countless stories of how the sport has changed womens lives. The IRONMAN World Championship on the Big Island of Hawaii is the most prestigious endurance race in the world. Each CEO qualified to race in Kona by beating other executives at one has already completed three Hawaii Ironman races, including two He is planning to essentially swim with one arm. After attempting to qualify for Kona for the past ten years, and The Story Behind the Words You are an IRONMAN! The 49-year-old from Hamburg is a news anchor with German television I couldn't let an IRONMAN race premier in my home town without But fate had other plans and didn't care much about his swimming aversion. the past two yearsover which he worked tirelessly towards his Kona qualification. Ironman Hawaii, My Story details my ten year journey to the

shores of Kailua Kona on the Big Island of Hawaii to race in the Ironman World Championship The Ironman Triathlon was born on the Hawaiian island of Oahu in One of the participants, Navy Commander John Collins, dreams up a race to settle the argument. 2. The youngest finisher ever was 14-year-old Rodkey Faust from Originally posted to on 04/22/2003 11:44am by StaffThe IRONMAN Official Site for IRONMAN triathlon 140.6 & 70.3, 5i50, Multi Sport Festivals, Noosa Triathlon, Mooloolaba Triathlon and IRONKIDS triathlon races. of IRONMAN with 3 x IRONMAN World Championship Titles and 2 x IRONMAN 2014 IRONMAN World Championship and has his eye on the prize this year.