

Title:

Beginner Triathlete-Novice Ironman/Why Do The Ironman?

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Summary:

Why do the Ironman Triathlon?

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For a long time I found it difficult to come up with a reasonable response, because often I was

At first like so many others, I was "Ironstruck". When I first saw this event I was drawn to...

Keywords:

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Article Body:

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Once I consciously made the decision, there was no turning back and my life took on a new direction

At 56 years old I don't plan to do an Ironman every year from this point on. However I've learned

My plan is to do my next Ironman in my 60th year. There is no confusion "why" any longer when

By setting that goal, I realize that I will have to stay fit between now and then. It also means

I strongly believe that how successful or rich a person is doesn't really make a whole lot of

The world is changing and events like 9-11 and hurricane Katrina are examples of catastrophic

Of course it doesn't mean everyone has to begin training for the Ironman Triathlon-- one of the

Perhaps the best way to explain what I mean is an example I used in a previous article.

Twenty years ago, had I found myself in the middle of a lake, 5 miles from shore with no lifejackets

The Ironman has given me that ability and that confidence. I owe this amazing event so much.

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