

Title:

Ironman Triathlon-Run Equipment Choices

Word Count:

1183

Summary:

There are several run-equipment choices I feel can help you quite a lot in your quest for your

SHOES- Of course well fitting shoes are a priority. I've tried every sort of shoe you can imagine

You can train just as well and stay just as injury free in \$50 shoes as you can in \$150 dollars

Keywords:

run equipment, running shoes, Ironman marathon, Ironman triathlon, race,

Article Body:

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You can train just as well and stay just as injury free in \$50 shoes as you can in \$150 dollars

The change from one year to the next may just be in the color, or new lacing system or a bit more

Just shop around. See what's out there and in your training try several different types of shoes

Remember: Whatever you do, don't go out and buy some fancy shoe for Ironman day because it looks

I heard this story years ago and have never forgotten it and it's just a great example of what

It's 1960, Rome Olympic Games. An African from Ethiopia shows up for the games. He is running

HE WON THE GOLD MEDAL!!

Now the shoe manufacturer really LOVES him and gives him shoes to train in at home.

FLASH AHEAD 4 YEARS TO THE NEXT OLYMPIC GAMES--

This African runner from Ethiopia shows up at the Olympic Games. He is entered in the Marathon

HE WON THE GOLD MEDAL!! AGAIN!!

His name is Abibe Bikila. The first African to win Olympic gold--now they are a dynasty.

The moral of the story is:

If he had worn the shoes for the 1960 Olympics, not only would he have not won gold, he would

If he had not worn shoes in the 1964 Olympics, not only would he have not won gold, he still would

So I repeat: Go with the footwear that you've done lots of training in. Don't make any late changes

FUEL BELT- I was so glad to see these come on the market. It used to really bug me to run a long

HEART MONITOR- I really feel that everyone training for an Ironman should make use of a heart

WEAR A CAP- I'm not sure why some Ironman Triathletes don't wear hats. They provide protection

CLOTHING- For training of course, you have to dress for the weather in your part of the world. TRISUITS are a really good idea. You wear the trisuit under your wetsuit and you're good to go. A second option is tri-shorts and a separate top. The shorts are padded for the bike and like. A third option is just wear a swimsuit under your wetsuit and make a complete change into clean. In my later races when time was more of a factor for me, I went with the second option. I prefer. For your first Ironman the run-equipment you choose can make a big difference in how you perform. The clothing you choose will make a difference to your comfort level on race day. I would recommend.

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