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IRONSTRUCK?...
500 IRONMAN TRIATHLON
QUESTIONS AND ANSWERS

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AUTHOR BIOGRAPHY

The author is 59 years old and resides in Calgary, Alberta Canada.

Following a career of over a quarter of a century of endurance events including entering into 14 Ironman triathlon races, Ironstruck.ca the website was created as a source of inspiration and motivation with the purpose of aiding the newly “Ironstruck” in their quest for the Ironman Triathlon finish line. Currently the website welcomes visitors from over 50 countries every month.

Ironstruck is the word meant to describe the instant that a person is moved by seeing, hearing, or reading something that makes them realize they don't always have to be a spectator in life and by believing in themselves they are capable of more than they ever imagined possible.

The Ironman Triathlon, by its very nature, has captured the imagination of many who have witnessed it and indeed, have become “Ironstruck.” It seemed a natural progression for the creator of Ironstruck the website to go on to write “Ironstruck...The Ironman Triathlon Journey” as another source of inspiration for novice Ironmen around the world.

Along with Ironstruck.ca and Ironstruck the book came many, many questions directed to the author from those new to this amazing event. It is those questions that have inspired this book in the hopes of helping the newly “Ironstruck” succeed in their quest for the Ironman finish line.

INTRODUCTION

There are so many questions swirling around in your head.

Just making the initial decision to tackle your first Ironman unleashes a multitude of questions that need to be answered. The most common questions are those that revolve around your physical ability, age, life situations, self-doubt, and perhaps even your sanity for even considering the possibility of reaching the Ironman finish line.

Once you have made the decision that yes, you do want your shot at Ironman immortality, the questions you need answered seem endless. There is no doubt that the Ironman is a complex event and to someone new to the Ironman and the sport of triathlon in general, common sense information is a key ingredient necessary as a guide to the Ironman finish line.

Questions about equipment, diet, nutrition, clothing, and the list goes on and on and you still haven't reached the race itself. There will be questions that involve the logistics of travel and accommodation, pre-race week and what it entails, registration, bike check in, the transition area, the swim, the bike, the run and so much more.

There are questions that address your doubts and fears and the upheaval of emotions that are an integral part of the Ironman journey.

Over the past several years I have received questions from the newly "Ironstruck" from all over the world. I never considered any question I ever received foolish or unworthy of an answer. From the very beginning I made it a mandate that through "Ironstruck" I would answer every question to the best of my ability. There were no questions that ended up in a big black pit, never to be seen or heard of again.

My answers come from my own successes and failures on the Ironman highway. As I have said many times, I am not a certified coach or a pro triathlete. There are amazing coaches all over the world who can help get you to the Ironman start line. My main concern as creator of Ironstruck and this book is to supplement your coaching with questions and answers to help you reach the Ironman finish line and to utilize your full potential and perhaps for the first time, realize what you are truly capable of on so many levels.

You will also find a few added bonuses that I hope you enjoy. I have included some stories of ordinary people just like you who have taken on the Ironman challenge and realized their dream. I have also included some pretty awesome recipes submitted to me from triathletes who live in different corners of the world, yet share the common goal of embracing triathlon and perhaps one day realizing Ironman immortality.

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