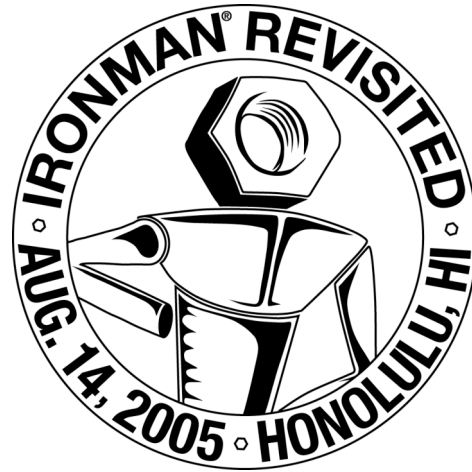


HAWAII  
**78** **IRONMAN**  
TRIATHLON WORLD CHAMPIONSHIP



*2005 Ironman Revisited Race Magazine*





When we first decided to make Ironman Revisited a reality in 2002, we really didn't know if anyone else would show up. Would someone besides us really want to do the 2.4 mile Waikiki Rough Water Swim, the 112 mile Around Oahu Bike Ride and the 26.2 mile Honolulu Marathon back to back to back, just like the pioneers of our sport?

Surprisingly, 24 individuals and one challenged athlete relay team appeared in Honolulu and helped raise \$65,000 for The Challenged Athletes Foundation (CAF) in our first time out of the blocks.

Then, in 2003, the magic happened again: 24 more individuals and another challenged athlete relay team (plus Dave Scott) raised another \$65,000 for CAF! That streak continued in 2004 with sixteen individuals and two relays teams (including Scott Tinley and Klaus Barth) raising \$73,000!

So many things make this event special, with the support crews at the top of the list. Everyone seems to understand that the connection between athlete and support crew is what makes this event so unique. Family and friends are there for you out of the water, throughout the bike ride along the north shore and in the dark during the marathon. They feed you, nourish you and comfort you all day long.

The athletes couldn't do the race without a support crew.

And we couldn't do it without you.

You have fueled the buzz about Ironman Revisited and it keeps getting louder every single day.

You have taken The Challenged Athletes Foundation and made it your own.

And you have embraced the purity of the Ironman.

Swim 2.4 - Ride 112 - Run 26.2 - Then brag for the rest of your life.

Thanks so much for being here!

***Rick Kozlowski and Bob Babbitt***

**Challenged Athletes Foundation 2148 – B Jimmy Durante Blvd. Del Mar, CA 92014  
858-793-9293 [www.ChallengedAthletes.org](http://www.ChallengedAthletes.org)**



***Ironman Revisited***  
***August 14, 2005***  
***Race Magazine***  
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Front Cover (2004 field) and Inside Back Cover (Klaus Barth and friends): Images by Laurie Streff.

Back Cover (1979): Images courtesy of some smart person who was there.

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*Ironman Revisited comes alive because of the support of the following companies and organizations. Thank you for helping us to make dreams come true.*

*Happy Shirts*

*Converse*

*Ohana East and West Hotels*

*Competitor Publishing*

*Koz Enterprises*

*World Triathlon Corporation*

*The Outrigger Club*

*Commander John and Judy Collins*

*AdventureCORPS*

*Waikiki Aquarium*

## **SCHEDULE OF EVENTS**

**Friday, Aug 12, 2005**

### ***REGISTRATION and RECEPTION***

Ohana East Hotel (808) 922-5353  
150 Kaiulani Ave. Honolulu, HI

4:00 – 5:00pm – Event Registration  
5:00 – 6:00pm – Race Meeting  
6:00 – 8:00pm – Reception Dinner

This is mandatory and very important! We will hand out an event program that will contain course maps, crew information, and a crew list of needs (you're reading it now). We will go over course specifics and hand out goodie bags and shirts.

**Saturday, August 13, 2005**

### ***COURSE FAMILIARIZATION***

It is strongly recommended that each athlete and their support team drive the triathlon bike and run courses before the event start. Plan on taking 4-5 hours for this. Note the swim start, bike transition parking lots and vehicular traffic. During this drive, the team should decide at which locations they will make their nutrition transfers. You may also want to swim the San Souci Beach water channel to familiarize yourself with the swim start. We suggest that you swim to the wind sock.

**Sunday, August 14, 2005**

### ***EVENT DAY CHECK IN***

San Souci Beach Park

6:00 – 6:30am – Check In  
6:30 – 7:00am – Athlete Introductions  
7:00am – Swim Start

All crew members and athletes are required to check in at the event headquarters before 6:30am at San Souci Beach Park. There is limited parking in the parking lot. There is sufficient street parking on Kalakua Avenue.

**Monday, August 15, 2005, 600 to 900pm**

## ***POST-EVENT DINNER***

Waikiki Aquarium: 6:00 to 9:00 p.m.  
2777 Kalakaua Ave, Honolulu, HI

## **SUPPORT CREW INFO**

The support crew is totally responsible for their athlete's needs once he or she has completed the swim. It is up to you and your support crew that you complete the course. The support crew will provide all nutritional, course directional and mechanical needs.

### **Please Note the Following:**

- \* Notify the event headquarters of any major incidents relating to your athletes.
- \* Communicate the location of your athlete at specific checkpoints as listed here.
- \* Transfer nutritional supplies off the road. Always park fully off the road.
- \* DO NOT interfere with normal vehicular or pedestrian traffic. Drive normally. Do not slow down to pass off supplies from the vehicle or to take photos, cheer, or the like.
- \* DO NOT directly follow or lead your triathlete in your vehicle,.
- \* If your triathlete cannot complete the course, notify event HQ immediately. Return to the finish and check in as a DNF (did not finish).
- \* Return your cell phone to event HQ at the completion of the triathlon.
- \* On the bike, entrants must follow all the rules of the road, stop at red lights and stop signs, and the like. Remember we're on the open road with no traffic control. Be safe, courteous, and legal at all times in order to protect everybody's safety and the integrity of the event.
- \* On the run, use sidewalks and / or run against traffic as much as possible. Please be safe and legal, just like on the bike course.

## **MEDICAL SUPPORT**

A medical staff person will remain at the finish line until from 5:00pm 12:00pm, midnight. If there is a medical emergency on the course, it is the complete responsibility of the support crew to use their team cell phone to call for assistance via 911 services. Be sure to know your location before you call.

## SPECIAL GUESTS

### Rudy Garcia-Tolson

You've seen him on Oprah, you've seen him on the Disney Channel, and you've even seen him at Ironman Revisited a couple of years ago, but something has changed... Rudy Garcia-Tolson has grown up. Now a buff and independent teenager, Rudy has worked very hard over the past decade. What was once a bold statement by the energetic bi-lateral amputee, as an eight-year-old kid, became a dream realized. Working to achieve his Paralympic dreams finally paid off at the 2004 Athens Games when Rudy not only swam for the U.S.A. like he had predicted, but he broke a world record and won a gold medal in the 200 IM swimming event.

If this accomplishment isn't enough, Rudy has been selfless in his mission to help show others that "A brave heart is a powerful weapon." Rudy has proved to others, both able-bodied and challenged athletes, that anything is possible. As a spokesperson for CAF, Rudy inspires children by speaking at elementary schools, and gives hope to other physically challenged individuals by serving as a mentor. Sharing his experiences with other newly injured individuals, Rudy has helped reduce the fear of the unknown, and provided them with a better understanding of the opportunities that are available.

We are very excited that Rudy is participating in the swim portion of a relay at the 2005 Ironman Revisited, but more importantly, that his knowledge and experience can contribute to the growth of yet two other young men. Whether it's skateboarding or surfing, Rudy has done them both, so it is CAF's hope that he can provide support and inspiration to local Hawaiian skateboarder, Evan Strong, and Floridian surfer, Blake Doyle.

### Evan Strong

Celebrating his 18<sup>th</sup> birthday in a hospital wasn't what Evan Strong had pictured. However, in the end he still received the best birthday gift he could've imagined, the gift of life. After a motorcycle accident on Hana Highway Peahi on November 3, 2004, Evan lay in his hospital bed recovering from three surgeries, including the amputation of his left leg below the knee. Instead of despairing, Evan was just happy to be alive and celebrated this gift with his family and friends.

Known as a role model with the Pa'ia Youth & Cultural Center, and as one of the state's top skateboarders, Evan is a young man with a bright future. According to Blaze Anderson, a leader at the youth center, "Evan's attitude is what makes him special." Even while in the hospital, Evan was cracking jokes and tried to keep the mood cheerful. He remains in good spirits and is determined to set back on his board as soon as he can.

When CAF heard about Evan through his uncle in San Diego, we wanted to help. Through our partnership with Ossur, we were able to provide Evan with a prosthetic foot, which will be part of a special presentation during the post-event dinner. With the new foot, we hope that Evan will continue to follow his dream of becoming a professional skateboarder.

### Blake Doyle

Florida native Blake Doyle, was never alone. He spent nearly every day surfing with his twin brother Bart. But almost two years ago, things changed. An accident left Blake a below-knee amputee. When Bart moved to California for school, Blake was left to adjust to this new challenge by himself, at least until CAF stepped in.

Prior to Blake's accident, he was a locally sponsored surfer with an exciting future. When he found out that he was going to lose his leg, he was devastated. He thought that his surfing career was over. Since then, CAF recommended a good prosthetist, he got a special surfing foot made, and he's been striving to bring things back to normal.

Blake was invited to be a special guest at the 2005 Ironman Revisited event to help him recognize that his dreams can be realized. He is not alone! There will be two other athletes, Rudy and Evan, at the event to show him that he truly can do anything he wants to do.



## ***Ironman: The True Original Story by John and Judy Collins***

As our son Michael has said, one fact emerges, or one myth retires, at a time. It is no longer Valerie Silk who invented the Ironman, nor drunken sailors, nor men only, nor a challenge per se, nor John Collins alone. It was endurance triathlon co-founders John and Judy Collins in Honolulu in 1978 and 1979 and twenty years later in Panama in 1998. It was our children, Kristin and Michael, young A.A.U. swimmers, who lured us into swimming and adult-onset recreational exercise. The family had taken a bicycle vacation to the Sierras - to backpack - in 1973 and continued to use bicycles as transportation in Coronado, CA from 1973 - 1975. The decision to do the pre-fabricated endurance triathlon out of the existing Oahu events was made at our small table on Valentine's Day, 1977 among men and women swim and run friends who were familiar with triathlon from Coronado and San Diego, who were happily discovering their endurance potential, who were veterans of the Roughwater and/or the Marathon course already and who were ready for something new.

We had ironed out the general rules and details, five of us had committed to do the event, and two or three others had volunteered as support when John slipped away from the table that February 1977 Monday evening at the Oahu Perimeter Relay Awards. We were surprised to hear John at the microphone mentioning the idea to the crowd. He tailored his talk to the relay runners when he said of the first to finish the proposed event, that HE would be called the "Iron Man," a reference to the nickname of the Pearl Harbor Naval Shipyard veteran runner who seemed to be able to run on and on and on.

The announcement was significant not because anyone other than our table was really interested but because that is how John recalls first using the word "Iron Man" in connection with the Hawaiian Triathlon we had said we would do. That is how we remember it.

The discussion at our table had been sparked by the annual run-swim biathlon two weeks away, the upcoming ultramarathon races and relays, solo inter-island swims and our ongoing speculation about what sports test would be a measure of whether swimmers or runners were the most fit.

That might have been the end of it. Any triathlon follow-up by us was on a back burner at best. Or so we thought...

1977 was very busy for our family: athletically - best times, national competitions, an individual/HI swimming first; professionally; academically; and we bought a home and moved out of our Pearl Harbor quarters. If one of the 5 of us from that Primo Brewery Gardens table in Feb 1977 had not said, "I'm leaving town and I want to do this..." John and I would never have buckled down to work out the details and set a date.

You notice that we found an opening in rainy, windy February after the next year's Oahu Perimeter Relay. How different the hot, clear-sky August is for the Ironman Revisited compared to the stormy Hawaiian winter of the 70's events.

The history of triathlon is a short one, but Ironman has been an important part of that history from near the beginning. Fewer than four years elapsed between the first modern triathlon in San Diego and the first Iron Man Triathlon in Honolulu, Hawaii in 1978. In only two more years, Ironman was featured on US national television, spawning events across the United States and the rest of the world in rapid succession. Our family has been privileged to be observers to the entire process. We were four of the original 47 finishers of the first triathlon in 1974 in California (ages 38, 35, 13, 12); were in the inaugural 1975 "oldest annual" Coronado (California) Optimist Triathlon; were creators and organizers of the Hawaiian Iron Man in Honolulu, in 1978 and 1979; participants in various Ironman events over the years, and lately, we two were the founders of the Portobelo International Triathlon in the Republic of Panama in 1998.

Ironman started as a casual event among running and swimming friends in Hawaii. In fact, if we had not decided to obtain an official permit for the swim, there probably would have been no formal organization at all, just a few of us out for a long day of fun. We were always arguing about whether runners or swimmers were more fit. The only existing combined event was a joint effort between the Mid-Pacific Road Runners and the Waikiki Swim Club and was much too short to test endurance.

The course was simply a combination of the three major endurance events on the island - the Waikiki Rough Water Swim, the annual bicycle race around Oahu and the Honolulu Marathon. Luckily the

geography allowed the three events to be strung together. It is the unvarnished truth that no one there had any idea of the worldwide movement that triathlon and Ironman would become. The novelty and the round-the-island course appealed to us. At a time when top athletes did not cross-train, we older recreational athletes who did cross-train had noticed that the longer the event, the better we did. Were runners or swimmers the better athletes? We would see. A Hawaiian endurance triathlon would be a suitable test.

After the running of the first event we thought that the Iron Man had the potential to become a local success and might even attract some competitors from the mainland. About 200 competitors was considered the upper limit. Support for the event was difficult to come by. A few good running and swimming friends carried the load in the first years, but much more support was needed. We thought that we might be able to get help if we included a relay category.

Of course, the power of publicity changed all that. The Sports Illustrated article in 1979, followed by the ABC television coverage in 1980, changed our little local "70s happening" into a worldwide phenomenon. When our family moved to the East Coast in 1980 the event was taken over by the local Nautilus Fitness club, and eventually, fell into the capable hands of Valerie Silk. Val shepherded Ironman through all the turbulent times to come, dealing with the major media players, the emerging professional triathlete movement, the introduction of prize money, and the booming numbers that required limitation of the numbers of competitors on the course. The thousands of enthusiastic Ironman triathletes and many sold-out events worldwide indicate that our casual little event was actually the birth of a movement whose time had come. It is a good feeling to have played a part in that movement. We four can still be found on some of the courses, marveling at the endurance of the human body and spirit.



## **The Inaugural Ironman Revisited: The Ohana Triathlon By Bob Babbitt**

\* The event was held on the original Ironman course on the island of Oahu on Sunday August 25<sup>th</sup>, 2002.

\* The athletes completed the Waikiki Rough Water Swim, the Around Oahu Bike Ride and the original Honolulu Marathon course. The temperature hovered in the mid 90's most of the day.

\* The 24 individual athletes and one Challenged Athletes Foundation relay team each had to provide their own support crews just like during the first three Ironman events held on Oahu in 1978, 1979 and 1980.

\* Ironman creators John and Judy Collins were there to be the official starters and Judy crewed for her son Michael, who first did the Ironman back in 1979 when he was 16 years old.

\* Each participant put down \$250 to hold their spot and then fundraised for the rest of the \$1,250 entry fee.

\* The total raised for the Challenged Athletes Foundation from the event from the 27 entrants was an amazing \$64,500. The number one fundraiser was Chris Kostman, who is the race director for the infamous Badwater Ultramarathon that goes 135 miles across the desert from Death Valley to the top of Mount Whitney. Chris, who is a HUGE Magnum PI fan, did the run in his Thomas Magnum Hawaiian shirt and Detroit Tigers hat.

\* All 27 entrants finished the event and the times ranged from 9:45 for the first finisher Deon Lourens from San Diego to 18:14 for the final finisher, Chet the Jet Blanton.

\* In keeping with the spirit of the event, Michael Collins stopped for a swim in the ocean on the north shore about half way through the bike ride.

\* Eric Miller from Colorado raised enough money through the event to buy two tandem bikes for families with sight impaired children. The two tandems were presented to the two local families the day before the event at the Island Triathlon and Bike Shop. On event day, Eric took four different sight impaired children for rides on his tandem during the bike ride. Then, in keeping with the Bob Babbitt tradition, Eric ingested a Big Mac, snowcone and four pieces of Kentucky Fried Chicken. The chicken was eaten at mile 15 of the marathon. He was seen sprinting the last eleven miles. Coincidence? We think not. His time was 16:27. Eric will also be doing the Ironman World Championships on October 19<sup>th</sup> in Kona.

\* Sidney Jensen, a wrestling coach from Crocket, California, did the event with his brother as his support crew. Their names? Sidney was Groundhog and his brother was Shadow. Shadow had a tough day staying with Groundhog, who ended up 40 miles into the bike with a flat tire, no water and no



Shadow. "If good support is a jock strap," says Shadow, "I was a thong." Groundhog finished in 16:48.

\* Everyone received both an Ironman Revisited finisher's medal, a polo shirt and, during the awards dinner Monday night August 26th at the Aquarium, the original Ironman hole in the head trophy. The trophies were handcrafted by Commander John Collins.

\* In Hawaii they call it the spirit of Ohana. Dan Powell of San Diego had his support crew's car broken into while he was in the ocean on race day. Besides wallets and other necessities, his bike shoes were taken as well. When he came out of the water he tried to ride on his Speedplay pedals with his running shoes. Not good. A local cyclist who just happened to be out for a ride-and just happened to wear size 12 bike shoes- heard about the problem, grabbed a pedal wrench, and gave Dan his bike shoes and pedals so that Dan could finish Ironman Revisited in 13:52. Dan, who has raised over \$80,000 for the Challenged Athletes Foundation, will also be racing the Ironman in Hawaii on October 19th. He earned that spot by raising \$47,000 for CAF in 2001.

\* Renowned Race Director Rick Kozlowski (San Diego International, San Diego Triathlon Challenge) did the Ironman with Bob Babbitt back in 1980 on Oahu and had not been back to do an Ironman since. He finished Ironman Revisited a few weeks after his 50th birthday and his 12:43 was 45 minutes faster than the 28 year old Rick Kozlowski did back in 1980. Who says aging is bad?

\* A Challenged Athletes Foundation team featured arm amputee Jon Beeson in the swim, Paul Martin on the bike and Joel Sampson in the marathon. They called themselves the Gimp Crew and they finished in 12:16.

\* No roads were blocked off for Ironman Revisited. Each athlete was responsible for knowing the course, providing a crew and following the rules of the road. At the awards ceremony four people put down \$250 to hold a space for next year's Ironman Revisited.



## **Ironman Revisited 2003**

### **By Tabi King**

At first, I didn't get it. Bob Babbitt kept talking about it and his stories told a tale of bikes made for

neighborhood cruising, not 112 miles of brutal climbing around the island of Oahu. He also talked about his belief that Ironman would be a two day event - because certainly, no one could swim 2.4 miles, bike 112 and run a marathon all in one day. So he prepared for his 1980 adventure by mapping out the 7-11's, packing his car down with tents and sleeping bags, and making sure he had some good sheepskin padding on that Schwinn he had picked up at a police auction. He also talked a lot about plate lunches..... Hmm.

Rick Kozlowski was there too - back in the days when Ironman was a journey of the soul and your aid station was your friends you bribed with a six pack or a loving wife who couldn't wait until you finally got this silly dream out of your head. Turning 50 in 2002, Rick wanted to recreate it - the way it was meant to be. No crowds, no aid stations, no hoopla. Just a course map, a couple of parties, a Hole in the Head Trophy and of course, bragging rights for the rest of your life.

You know what my thought was? No way. Who would raise \$1,250 for an entry fee, do an Ironman and cross a finish line made of flour and get a Hole in the Head Trophy? But hey - my fearless leaders had a dream and it's my job to help make it happen.

That first year, 27 people who raised over 65K lined up on the crystal white beaches of San Souici in Waikiki. Each participant had their crew - for some, it was a family affair - mom, kids, wife - you know, recipe for disaster when they are responsible for keeping you hydrated and fed for 15 hours or more. For others, it was their buddies. Those guys we call "wing men". Always there - whenever you need them. Sometimes to help you talk to a girl, but on this day, it was to get through an Ironman. There were even volunteer crews - people who didn't even know their participant - but they jumped into this unique experience with both feet and kept their Ironman in top form.

And then it hit me - this isn't about Ironman at all. It's about Ohana. In Hawaiian, that means "Family". I've been to an Ironman. You line up with 1,500 other people and the excitement and energy you get from the day is hypnotic for both competitors and spectators alike. It's the experience of a lifetime and one only a very few are lucky enough to enjoy. But even with all those people, you might see your loved one once for about 15 seconds out of your whole day. Ironman is a well earned title that is defined by how far you had to reach to get to this goal. And you never get to the finish line alone.

Those people you saw for 15 seconds - you couldn't have done it without them.

So it's crazy - you can line up next to 1,500 people and be alone all day, yet at Ironman Revisited you line up next to 27 and you're never alone. There is no time limit. This I know after two years of 22 hour days of sitting in my folding chair with Bob, Rick and Bob's wife Heidi at that finish line made of flour.

Michael and Jennifer Sicard came in 2003 to celebrate their one year anniversary and even recruited a friend. The year before Jennifer crewed for Michael as his girlfriend. They showed up at the banquet as husband and wife. Last year, they did it together - on a tandem bike. I think they finished in about 23 hours with big grins on their faces and that line of flour well faded into the dewy grass of the early morning. I don't think they cared. This was about them: starting their lives and doing something as a married couple that would test their love and patience all day long. If they could get through this with a smile - what can't they handle?

And of course - Groundhog and Shadow. Those crazy brothers who have more heart and passion than most will see in their lifetime. Shadow gets Groundhog through the day by quoting famous scenes from classic movies such as Animal House. Hey - whatever works. Last year though, Groundhog needed a little help. As he lay passed out on the grass only 5 miles into the marathon, Rudy Garcia-Tolson walked up to him and said "get up and finish this thing". Good old Rudy, something about a boy missing both his legs who just 13 hours earlier lined up next to you to do the swim and came out of the water with a time of 56 minutes..... that will get you up and moving.

Rudy participated on the CAF Relay Team with legendary Ironman Dave Scott and that crazy one armed athletic superman, Willie Stewart. Dave Scott won the last Ironman that was held on Oahu in 1980. He wore white tube socks and his parents were his crew. We all know what happened next. He, along with those other legends of Ironman, Mark Allen, Scott Molina, Scott Tinley and others set the standard for the event we know as Ironman. As I sat next to him at the banquet and watched old footage of his Ironman past - I watched a tape from the early days as he blew by that new guy Mark Allen. I whispered to him "wow, that must have been a tough blow for Mark,". He gave me a grimace and a cool look and said "don't worry, he figured it out,"

So that is what we know as Ironman today. A race of the superhumans. Those that can push their bodies to unbelievable limits. And for the age groupers around the world, the chance to see if you have what it takes to be an Ironman. But back on Oahu, for those of you looking for a different kind of Ironman - the kind that takes you on a journey of the soul with those you love the most. Ironman Revisited is the event for you.

I get it now. Your Ironman is what you make of it, a test of will and the human spirit that can be at times daunting but mostly incredibly rewarding. However, you define your Ironman - just make it real. Make it yours.



## **Tinley Returns at Ironman Revisited 2004**

### **By Tabi King**

On August 15, 2004 Scott Tinley will return to the sport of triathlon as a relay team member for the third annual Ironman Revisited to benefit the Challenged Athletes Foundation.

Tinley, who retired in 1999, is a two time Ironman Champion, four time Ironman World Series Winner and Hall of Famer who helped turn the obscure event created on Oahu in 1978, into one of the most prestigious and well known in the world.

Tinley, currently racing ocean paddleboards and mountain bikes, will return to participate on a very special relay team that will consist of Todd Sells and Klaus Barth, the amazing age grouper who finished 8<sup>th</sup> in 1985 and 4<sup>th</sup> overall behind Dave Scott, Mark Allen and Scott Tinley in 1986.

As with many in the early days of Ironman, it was the image of Julie Moss crawling across the finish line in the 1982 Ironman that drew Klaus to the sport. "Seeing her struggle to the finish inspired me," said Barth. "I thought if she could do that, maybe I could to." And so began the Ironman legacy of Klaus Barth.

A working father with three kids, he got his miles in when he could. "In the summer of 1987, Klaus would prepare for his Ironman races on Tuesdays by riding 150 miles then immediately running 10 miles. On Saturdays he would ride 80 miles then immediately run 20. He would do thirteen of these workouts every summer and that would get him Ironman ready," said good friend and training partner Tom Gallagher.

"Ironman was special because of the people you trained with and raced against. I made great friendships over the years and was introduced me to people like Tinley who is not only a great athlete, but a great person," added Barth. He would eventually complete seven Ironman distance events.

"The roots of Ironman was all about the people. We didn't have the technology, nutrition, and science behind the sport back then. We only had each other and our families," said Tinley. "Those of us who were there in the beginning have a certain responsibility to the sport to remind people of the true experience of Ironman. It's the flame and bond that exists between athletes that's important," continued Tinley. "To have the chance to go back and rekindle that flame is priceless," he added.

Ironman Revisited has a whole new meaning for both Tinley and Barth. On August 14<sup>th</sup>, 2000, Barth was in a meeting with his accountant when he suddenly fell to the floor with a grand mal seizure. Doctors eventually discovered that despite having the heart of a 20 year old, he had a brain tumor the size of a gumball called gliosclastoma multiforme, the beast of all tumors. Surgery took over six hours and was discovered malignant. Barth eventually finished 33 radiation treatments at an experimental program at UCLA. He will complete his third round of chemotherapy a week before Ironman Revisited.

"Klaus is not supposed to be alive," said Tinley. "He was told four years ago that he had one year to live; four years later, the tumor is still there. So is Klaus," he added.

Ironman Revisited 2004 will mark the four-year anniversary of that day Klaus suffered the seizure. "The Ironman experience is so special, this is my opportunity to return to the mecca of the sport and complete my Ironman experience," added Klaus.

"For me," said Tinley, "there is a missing piece of the puzzle. Five years after my last Ironman, and I feel like I have unfinished business, participating on Oahu. The timing is perfect," added Tinley.

"It's also about teaming up with my good friend Klaus," Tinley continued. "Ironman, to me is about people like Klaus and the athletes of the Challenged Athletes Foundation. To overcome brain cancer or an amputation proves that getting through an Ironman is the least of their challenges," he added.

Ironman Revisited is not your typical Ironman. It retraces the original Ironman course created in 1978 by Commander John Collins and his wife Judy. It only took a couple years for the obscure race to catch on and find it's permanent home in Kona. What happened next is legend. Athletes like Tinley, Allen and Scott, helped create one of the largest sporting enterprises in the world.



## **Breaking the Surface**

### **By Bob Babbitt**

His arms are outstretched, reaching towards the water below. Sixteen-year-old double above-knee amputee Rudy Garcia-Tolson explodes off the starting blocks on Sunday, September 19, at the Paralympic finals of the 200-meter individual medley in Athens, Greece. This image is a microcosm of his amazing life. There has never been a second during the 16 years he has been on this earth where Rudy has not been stretching to get a little further, to go a little faster.

He was born with a birth defect that left his legs worthless. There was a flap of skin behind both knees that kept his legs from straightening, and 15 operations did little to get Rudy out of a wheelchair or to keep him from crawling on the ground.

It was when he asked his mom and dad to have his legs amputated at the age of 5 that his life changed forever. His motto? 'A Brave Heart is a Powerful Weapon.' Rudy has been using that weapon to change perceptions of what someone with a disability can do ever since. In a little over two minutes and 42 seconds, Rudy Garcia-Tolson climbed out of the Olympic pool as the proud owner of a gold medal and a world record.

But for Rudy, the gold medal was earned long ago when he stood in front of his mom's video camera at the age of 6 holding onto a tattered tetherball. The state-issued prosthetics he was wearing kept breaking. Hey, that's what happens when you're disadvantaged, when your dad is a cook at a truck stop, and you live in a 700-square-foot mobile home with a brother and three sisters. You can't afford good equipment.

The lousy state-issued legs that broke every other week and were held together with bungee cords were all he had. Most amputees feel lucky to get anything. Rudy? The video his mom made was being sent to the biggest names in the production of high-end prosthetics, hopefully to get him better equipment. Rudy stared at the camera and said sweetly, "Please help me. I need new legs." But then you saw the other side of Rudy, the defiant kid who would never take no for an answer. You see him fling one of his broken prosthetics to the side and yell, "What a piece of junk!"

Someone at one of the high-tech prosthetic companies was moved, and soon Rudy was receiving all the best equipment to test out. He was a human guinea pig. The thought was that a double above-knee amputee may be able to walk with canes or crutches but would never run. Rudy turned that philosophy to junk as

well. He ran the kids mile at the San Diego Marathon. His time the first year? Fourteen minutes. Then came the progression as the prosthetists figured out how to make running legs for a kid who was basically walking on stilts. He went from a 14-minute mile to barely over six minutes per mile in three years.

Like Roger Bannister and Lewis and Clark before him, Rudy Garcia-Tolson has gone where no man had ever gone before. And thousands of athletes facing personal challenges of their own look to this 16-year-old messiah to lead the way.

There are certain people in this world that are dropped from the sky, knowing their role in life. While Rudy may look like any other Cheetos and pizza-eating, video game-playing teenager that happens to be missing both his legs, don't be fooled.

Stretching for the surface?

The hell with that.

Rudy's mission is to reach for the stars.



## ***2002 Ironman Revisited Results***

**The Gimp Crew**            12:16  
Jon Beeson  
Paul Martin  
Joel Sampson

1. Deon Lourens            9:45
2. Karl Hausmann        9:55
3. Jorge Heilbron        10:47
4. Gil Loomis              10:56
5. Jay Paul                 11:00
6. Douglas Smith         11:11
7. Rick Kozlowski        12:43
8. Chris Frost             12:47
9. Chris Kostman         13:25
10. Dan Powell            13:52
11. William Cory Foulk   14:36
12. Mike Canite            14:42

|                          |       |
|--------------------------|-------|
| 13. Scott Fischer        | 15:15 |
| 14. Gregory Markus       | 15:28 |
| 15. Sii Srisabai         | 15:41 |
| 16. Nick Murdick         | 15:48 |
| 17. Robert Younger       | 16:15 |
| 18. Michael Collins      | 16:26 |
| 19. Eric Miller          | 16:27 |
| 20. Hideki Takayasu      | 16:28 |
| 21. Sidney Jensen        | 16:48 |
| 22. John Healy           | 16:52 |
| 23. Michael Sicard       | 17:44 |
| 24. Chet The Jet Blanton | 18:14 |

### ***2003 Ironman Revisited Results***

**Team CAF** 9:41  
 Rudy Garcia-Tolson  
 Dave Scott  
 Willie Stewart

|                       |       |
|-----------------------|-------|
| 1. Deon Lourens       | 9:43  |
| 2. Doug Smith         | 11:38 |
| 3. Chris Kostman      | 13:02 |
| 4. Shoko Koyama       | 13:14 |
| 5. Dan Powell         | 14:28 |
| 6. Kevin Cason        | 14:31 |
| 7. Gregory Markus     | 14:49 |
| 8. Rex Vlcek          | 15:08 |
| 9. William Cory Foulk | 15:29 |
| 10. Robert Younger    | 15:34 |
| 11. Christina Hijjawi | 15:53 |
| 12. Ted Taylor        | 16:25 |
| 13. Susan Love        | 16:40 |
| 14. Sii Srisabai      | 16:46 |
| 15. Steve Diggs       | 16:51 |
| 15. Stuart Schaffer   | 16:51 |
| 17. Darren Kavinsky   | 17:19 |
| 18. Jody Van Zanten   | 17:42 |
| 19. Deborah Caplan    | 17:50 |
| 20. Pete McQuade      | 19:40 |
| 21. Sidney Jensen     | 19:50 |
| 22. Jennifer Sicard   | 20:12 |
| 22. Michael Sicard    | 20:12 |
| 24. Judy Collins      | 21:02 |

### ***2004 Ironman Revisited Results***

**Team CAF** 11:41  
 Klaus Barth,  
 Scott Tinley  
 Todd Sells

**Team Obsolete** 16:29  
 Allard Jensen  
 Larry Willette  
 Larry Scott

|                     |       |
|---------------------|-------|
| 1. Deon Lourens     | 10:53 |
| 2. Nick Murdick     | 11:58 |
| 3. Mike Plumb       | 13:26 |
| 4. Steve Shapiro    | 13:42 |
| 5. William Foulk    | 14:10 |
| 6. Matthew Kresser  | 14:21 |
| 7. Chris Kostman    | 14:35 |
| 8. David Hunt       | 15:08 |
| 9. Gregory Markus   | 15:16 |
| 10. Kirk Matkin     | 15:17 |
| 11. Darren Kavinsky | 16:28 |
| 12. Sii Srisabai    | 18:25 |
| 13. Dawn Powell     | 19:55 |
| 14. Dan Powell      | 19:55 |
| Sidney Jensen       | DNF   |
| Brian Louper        | DNF   |



### ***2005 Ironman Revisited Roster***

**Team Braveheart Captain & Joy**  
 Rudy Garcia-Tolson  
 Dan Powell  
 Joy Secretario

**Team CORE**  
 Ed Kurzenski  
 Deon Lourens  
 Kevin Smith

**Team Groundhog**  
 Sidney Jensen  
 Michele Mash  
 Ken Peschel

**Team Magnum**  
 Shoko Paul  
 Chris Kostman  
 Laurie Streff

Luis Alvarez  
 Kevin Cason  
 William Cory Foulk  
 Matthew Kresser  
 Brian Looper  
 Gregory Markus

## **Official Results, Ironman 1978-1980**

### **1978 (15 men started and 12 finished. No women competed.)**

| <b>Plc</b> | <b>Name</b>       | <b>Swim</b> | <b>Bike</b> | <b>Run</b> | <b>Total</b> |
|------------|-------------------|-------------|-------------|------------|--------------|
| 1st        | Gordon Haller     | 1:20:40     | 6:56:00     | 3:30:00    | 11:46:40     |
| 2nd        | John Dunbar       | 1:00:15     | 7:04:00     | 4:03:00    | 12:20:27     |
| 3rd        | Dave Orlovski     | 1:09:15     | 7:51:00     | 4:59:00    | 13:59:13     |
| 4th        | Ian D. Emberson   | 1:01:40     | 7:47:00     | 5:15:00    | 14:03:25     |
| 5th        | Sterling F. Lewis | 1:02:30     | 7:47:00     | 5:15:00    | 14:04:35     |
| 6th        | Tom Knoll         | 2:13:05     | 8:19:00     | 4:13:00    | 14:45:11     |
| 7th        | Henry Forest      | 1:36:42     | 8:47:00     | 5:06:00    | 15:30:14     |
| 8th        | Frank Day         | 1:44:20     | 8:45:00     | 6:09:00    | 16:38:31     |
| 9th        | John Collins      | 1:31:15     | 9:15:00     | 6:14:00    | 17:00:38     |
| 10th       | Archie Hapai      | 57:35       | 8:06:00     | 8:20:00    | 17:24:22     |
| 11th       | Dan Hendrickson   | 1:35:35     | 11:39:00    | 6:48:00    | 20:03:28     |
| 12th       | Harold Irving     | 1:05:30     | 11:04:00    | 8:08:00    | 21:00:38     |

### **1979 (14 men and one woman started.)**

#### **Top Five Men**

| <b>Plc</b> | <b>Name</b>   | <b>Swim</b> | <b>Bike</b> | <b>Run</b> | <b>Total</b> |
|------------|---------------|-------------|-------------|------------|--------------|
| 1st        | Tom Warren    | 1:06:15     | 6:19:00     | 3:51:00    | 11:15:56     |
| 2nd        | John Dunbar   | 1:09:55     | 6:51:00     | 4:03:00    | 12:03:56     |
| 3rd        | Ian Emberson  | 1:02:35     | 6:53:00     | 4:28:00    | 12:23:30     |
| 4th        | Gordon Haller | 1:51:59     | 6:57:00     | 3:43:00    | 12:31:53     |
| 5th        | Ron Seiple    | 1:58:47     | 6:47:00     | 4:57:00    | 13:43:00     |

#### **Top Woman**

| <b>Plc</b> | <b>Name</b> | <b>Swim</b> | <b>Bike</b> | <b>Run</b> | <b>Total</b> |
|------------|-------------|-------------|-------------|------------|--------------|
| 1st        | Lyn Lemaire | 1:16:20     | 6:30:00     | 5:10:00    | 12:55:38     |

### **1980 (106 men and two women started.)**

#### **Top Five Men**

| <b>Plc</b> | <b>Name</b>    | <b>Swim</b> | <b>Bike</b> | <b>Run</b> | <b>Total</b> |
|------------|----------------|-------------|-------------|------------|--------------|
| 1st        | Dave Scott     | 51:00       | 5:03:00     | 3:30:33    | 9:24:33      |
| 2nd        | Chuck Neumann  | 1:02:00     | 5:38:00     | 3:44:41    | 10:24:41     |
| 3rd        | John Howard    | 1:51:00     | 4:28:00     | 4:13:36    | 10:32:36     |
| 4th        | Tom Warren     | 1:00:00     | 5:40:00     | 4:09:16    | 10:49:16     |
| 5th        | Thomas Boughey | 55:00       | 5:43:00     | 4:19:07    | 10:57:07     |

#### **Top Women**

| <b>Plc</b> | <b>Name</b>  | <b>Swim</b> | <b>Bike</b> | <b>Run</b> | <b>Total</b> |
|------------|--------------|-------------|-------------|------------|--------------|
| 1st        | Robin Beck   | 1:20:00     | 6:05:00     | 3:56:24    | 11:21:24     |
| 2nd        | Eve Anderson | 1:30:00     | 7:48:00     | 6:22:59    | 15:40:59     |

## Ironman Revisited Route: In the footsteps of legends!

Route created by John and Judy Collins, then revised and modernized by Chris Kostman and Jay Paul. Maps. Elevation profiles and 3D images produced by Paul Sparrow Hawk Biron.

### SWIM

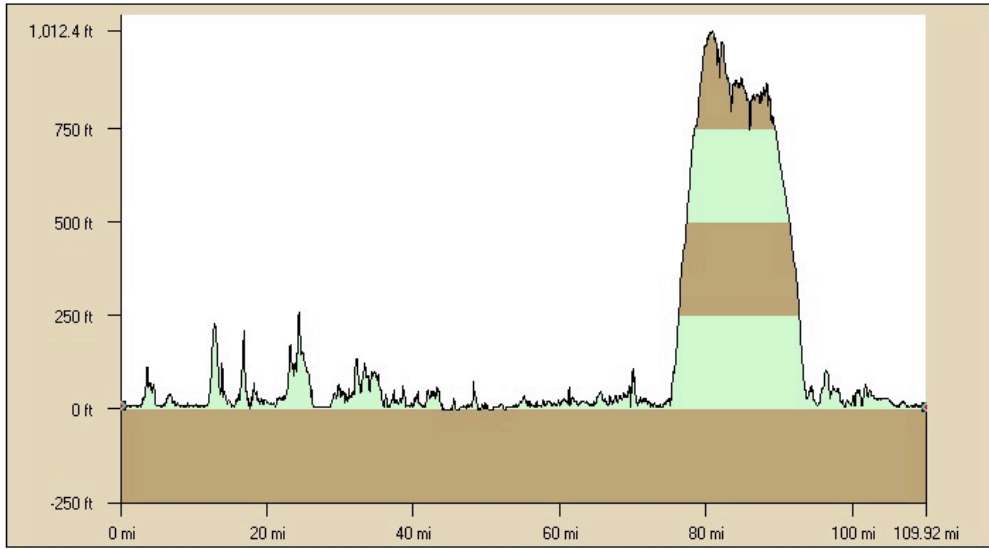
Starting at San Souci Beach, you will swim out through the reef channel to the first buoy. At the first buoy, you will turn right and head west, parallel to Waikiki Beach. There will be buoy markers along the swim course. The course will be monitored by water safety personnel. The finish is located at the beach inside the Hilton Lagoon. You will meet your support crew in the parking lot. The swim is approximately 2.4 miles.

### BIKE

The bike will circumnavigate the main portion of the island in a counter-clockwise direction. You will exit the Hilton Lagoon and head east through Waikiki and past Diamond Head. You will ride through Hawaii Kai, Kaneohe, Laie, Haleiwa, Wahiawa, Pearl City and finish at the Aloha Tower. This is a bike ride. You must obey ALL traffic signals and stop signs. Your support crew will be able to attend to your nutritional, directional and mechanical needs throughout the ride. The ride is approximately 11.5 miles.



**Bike Course Map:** At the bottom of the map, we start at the right dot at the Hilton Lagoon, ride counter-clockwise around the island, then finish at the left dot at the Aloha Tower.



**Bike Course Elevation Profile: Note the 1000' climb past the Dole Plantation on "Three Hanky Hill."**

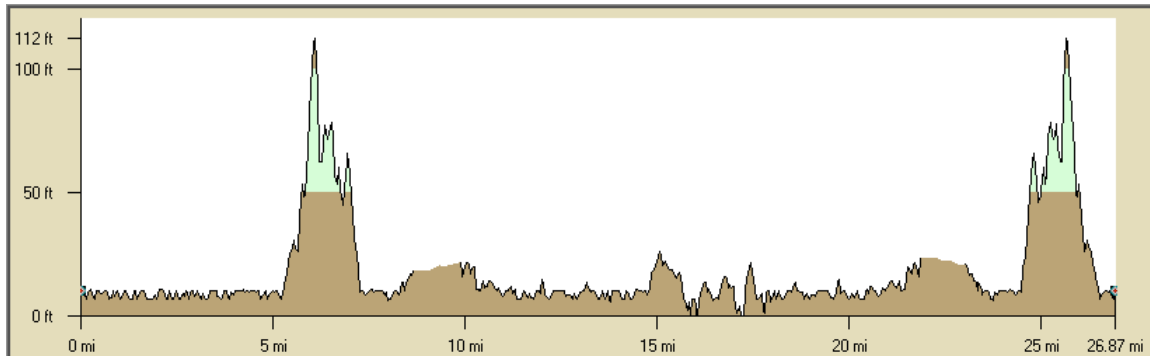




**Previous Page: Bike course Aerial 3D View:** The start / finish is at the bottom. We ride counter-clockwise around the island. You see “three hanky hill” (though it looks pretty flat, it’s not!), where we leave the north shore to cross southbound over the island. “Robin’s Nest” from Magnum, p.i. is at the bottom right corner, just ashore from those two little islands.

## **RUN**

The run will depart the parking lot in front of the Aloha Tower. You will run on the sidewalk through Waikiki and past Diamond Head and out to Hawaii Kai, similar to the bike ride. At Hawaii Kai, you will run through the residential area and return back over Diamond Head to the finish at San Souci Beach Park.



**Run Course Elevation Profile: The big bump on the left and right is Diamond Head.**



**Ron Course Aerial 3D View:** We start at the far left, go all the way out to the far right, do the small residential loop, then retrace our steps back towards the start. We finish at San Souci Beach where it says “finish” on the map.

**2005 Ironman Revisited Bike Course Routesheet**

**Call Race HQ where directions are bold!**

| Odo         | What          | Where  | Reference                               |
|-------------|---------------|--|---|
| 0           | Start         | Hilton Lagoon  |   |
| 0.2         | Right         | Hobron Lane  |   |
| 0.3         | Right         | Ala Moana Blvd. (TL)   |   |
| 0.5         | Right         | Kalia Rd. (TL)   | Pass Hilton Hawaiian Village            |
| 1           | Left          | Saratoga Rd. (SS)  |   |
| 1.2         | Right         | Kalakaua Ave. (TL) (T-int)   | Thru Waikiki                            |
| 2.1         | Pass          | Kapahulu Ave (TL) Stay in right lane, along the beach                | Kapi'olani park will be on left         |
|             | Pass          | Waikiki Aquarium, Sans Souci, and the fountain                       |   |
| 2.9         | Follow road L | Becomes Poni Moi   |   |
| 3           | Right         | Diamond Head Rd. (SS)  |   |
| 4.5         | Stay Straight | Small Triangle Park on left, Diamond Head Rd. becomes Kahala Ave     |   |
| 5.9         | Left          | Kainapau Pl. / Kealaolu Ave (SS) towards Hwy 72 East / Hanauma Bay   |   |
| 6.6         | Follow road R | Up ramp, becomes Kalaniana'ole Hwy 72.                               | Aloha Gas Station                       |
| <b>17.3</b> | <b>Pass</b>   | <b>Sea Life Park / Marakpu'u Beach Park</b>                          |   |
| 18.8        | Pass          | Magnum's Residence 41-505 Kalaniana'ole Hwy (Right Side)             |   |
| 23.9        | Pass          | Keolu Dr. (TL)   |   |
| <b>25.3</b> | <b>Left</b>   | <b>Kalaniana'ole Hwy (TL) Hwy 61</b>                                 | <b>Castle Hospital</b>                  |
| 26.1        | Right         | Kapaa Quarry Rd.   |   |
| 28.6        | Right         | On to Mokapu Blvd (TL)   | Kalaheo High School                     |
| 28.9        | Pass          | Oneawa / Ilipilo (TL)  |   |
| 29.8        | Left          | On to Kaneohe Bay Dr. (TL)   |   |
| 32.4        | Right         | Kaneohe Bay Dr. (TL) continues                                       |   |
| 34.4        | Right         | Kamehameha Hwy 830 (TL)  | Toyota Dealership on R                  |
| 37.4        | Pass          | He'eia Kea boat harbor   |   |
| <b>39.9</b> | <b>Right</b>  | <b>Kahekili Hwy / Kamehameha Hwy 83 (SS, T-int) Gas stn on R.</b>    | <b>Hygenic Store across the street.</b> |
| 47.2        | Look Left     | Home of Jurassic Park, Godzilla, George of Jungle, Mighty Joe Young. |   |

| 74.3        | Right         | Kamehameha Hwy (TL) Follow sign to Hale'iwa Town                               | Wooden Surfer Sign |
|-------------|---------------|--|--------------------|
| 74.9        | Pass          | Over Archway Bridge  |                    |
| 75          | Right         | Hale'iwa Rd.   | 76 Gas Station     |
| 76.6        | Left          | Waialua Beach Rd. (SS) (T int.)  |                    |
| 77.3        | Bear Right    | (SS) Thru the traffic circle. Follow "Wahiawa/Honolulu Hwy 99" sign.           |                    |
| 77.5        | Right         | On to Hwy 99 (t-int.) (TL)   | Begin climb        |
| 82.3        | Stay Straight | Thru traffic light.  |                    |
| <b>83.3</b> | <b>Pass</b>   | <b>Dole Plantation on left</b>   |                    |
| 84.1        | Bear Right    | At fork. Schofield Barracks/Honolulu (Hwy 99)                                  |                    |
| 85.2        | Left          | Wilikina Dr. (TL) (T-int.) Schofield Barracks/Honolulu (Hwy 99)                |                    |
| 86.6        | Right         | Kunia Rd. (TL) Hwy 76 / 750  |                    |
| 94.3        | Pass          | Under freeway  |                    |
| 94.9        | Right         | Pass Exit 6a, then take Exit 5 towards Waipahu 7101                            |                    |
| 95.3        | Bear Right    | on the clover leaf. Now you are on Farrington Hwy                              |                    |
| 98.1        | Pass          | H1 exit and get in the Pearl City/Pearl Harbor lane                            |                    |
| <b>99.2</b> | <b>Pass</b>   | <b>Sam's Club and Home Depot. You are on Kamehameha Hwy 99.</b>                |                    |
| 101         | Pass          | Mcgregor Lp. (TL) Get in the middle lane towards Hwy 99 Stadium / Pearl Harbor |                    |
| 103.1       | Pass          | Arizona Memorial (TL)  |                    |
| 104.2       | Pass          | Center Dr. (TL) Get in the middle lane towards Airport 92 East                 |                    |
|             | Stay Right    | Thru one more split. 92. Use car to protect rider crossing lanes.              |                    |
| 105         | Pass          | Valkenburg (TL) Now you are on Nimitz Hwy 92.                                  |                    |
| 106.8       | Pass          | Lagoon Dr. (TL)  |                    |
| 107.2       | Stay Right    | 92 East Waikiki. Still Nimitz Hwy 92 after split.                              |                    |
| 108.4       |               | Merge and get over one lane to the left.                                       |                    |
| 109         | Pass          | Sand Island Access Rd.   |                    |
| 110.4       | Right         | Richards (Second Aloha Tower Lot.) Next to GIANT PROPELLOR.                    |                    |
| 111.5       | Finish        | Park by propellor and transition to run. Parking is short term only.           |                    |

## *2005 Ironman Revisited Marathon Routesheet*

***Call Race HQ where directions are bold!***

| <b>Odo</b>  | <b>What</b>     | <b>Where</b>                               | <b>Reference</b>                     |
|-------------|-----------------|--|--------------------------------------|
| 0           | Start           | Big propeller near Aloha Tower on Richards | Start running                        |
|             | Right           | Follow Nimitz Blvd to Ala Moana Blvd       |                                      |
| 2.7         | Right           | Kalia Rd. (TL)                             | Pass Ft. DeRussy                     |
| 3.1         | Left            | Saratoga St. (SS)                          |                                      |
| 3.3         | Right           | Kalakaua Ave. (TL)                         | Thru Waikiki                         |
| 4.3         | Bear R          | Kalakaua Ave.                              | Pass Kapiolani Park                  |
| 5.2         | Right           | Diamond Head (SS)                          | Pass Diamond Head                    |
| 6.6         | Continue        | Becomes Kahala Ave.                        |                                      |
| 8.1         | Left            | Kealaolu Ave                               | Pass Kahala Country Club             |
| <b>8.8</b>  | <b>Right</b>    | <b>Kalaniana'ole Hwy 72</b>                |                                      |
| <b>14.2</b> | <b>Left</b>     | <b>Lunalilo Home Rd (TL) in Hawaii Kai</b> | <b>By Chevron in town center</b>     |
| 15.2        | Left            | Wailua St. (TL)                            |                                      |
| 15.5        | Left            | Hawaii Kai Dr. (T-int, TL)                 | Split at Keahole St                  |
| 15.8        | Right           | Hawaii Kai (TL)                            | Pass condo towers on right           |
| <b>17.2</b> | <b>Right</b>    | <b>Kalaniana'ole Hwy 72 (T-in, TL)</b>     | <b>Cross street. Face traffic.</b>   |
| 21.5        | Exit            | Exit Hwy at Kilauea                        | (Car must go around to meet runner.) |
| <b>21.6</b> | <b>Left</b>     | <b>Kealaolu Ave</b>                        |                                      |
| 22.3        | Right           | Kahala Ave                                 |                                      |
| <b>23.8</b> | <b>Continue</b> | <b>Stay straight on Diamond Head Rd</b>    | <b>Pass Triangle Park</b>            |
| 25.7        | Continue        | Becomes Paki                               | Pass Diamond Head                    |
| 25.8        | Left            | Kalakaua Ave.                              |                                      |
| 26.2        | Finish          | San Souci Beach Park                       | Congrats!                            |

**Please call event headquarters when you pass the locations listed below so that we can keep track of where you are at all times. Please write the times below for your records as well. Thanks – Happy Ironman!**

**Athlete Name and #** \_\_\_\_\_

Swim Start Time 7:00? \_\_\_\_\_

Swim Finish Time \_\_\_\_\_

Bike Start Time \_\_\_\_\_

CP#1 Pass Sea Lift Park (Mi. 17.3) Time \_\_\_\_\_

CP#2 Left on Kalaniana'ole Hwy 61 Rd. (Mi. 25.3) Time \_\_\_\_\_

CP#3 Right on Kahekili Hwy 83 (Mi. 39.9) Time \_\_\_\_\_

CP#4 Right on Kamehameha Hwy (Mi. 3 74.3) Time \_\_\_\_\_

CP#5 Pass Dole Plantation (Mi. 83.3) Time \_\_\_\_\_

CP#6 Sam's Club, Kam Hwy 99 (Mi. 99.2) Time \_\_\_\_\_

CP#7 Bike Finish, big propellor (Mi. 111.5) Time \_\_\_\_\_

CP#8 Run Start Time \_\_\_\_\_

CP#9 Right on Kalaniana'ole Hwy (Mi 8.8) Time \_\_\_\_\_

CP#10 Left on Lunalilo Home Rd (Mi. 14.2) Time \_\_\_\_\_

CP#11 Right on Kalaniana'ole hwy 72 (Mi. 17.2) Time \_\_\_\_\_

CP#12 Left on Kealaolu Ave (Mi. 21.6) Time \_\_\_\_\_

CP#13 Straight on Diamond Head Rd (Mi. 23.8) Time \_\_\_\_\_

Finish at San Souci Beach Park (Mi. 26.2) Time \_\_\_\_\_

**Congratulations!!!!**

**Elapsed** \_\_\_\_\_



## FACT SHEET

### Mission

It is the mission of the Challenged Athletes Foundation to provide opportunities to people with physical disabilities to pursue an active lifestyle through physical fitness and competitive athletics. The Challenged Athletes Foundation believes that involvement in sports at any level increases self-esteem, encourages independence and enhances quality of life.

### What do we do?

Established in 1997, the CAF is a unique organization that recognizes the athletic greatness of people with disabilities and supports these efforts by providing grants for training, competition and equipment needs. Grants are awarded to persons with any type of physical disability and for a wide range of sports. The CAF does not discriminate by age, disability, sport or level of ability. The hundreds of athletes that the CAF has assisted range from world class athletes competing on an international level to those who are recently disabled and desire to become more active. Grants are distributed once a year with applications being accepted year round.

### Why do Challenged Athletes Need Funding?

There are 49 million people living in the US with a physical disability. Equipment to be active for someone who is disabled is very expensive and therefore prohibitive for many to pursue an active lifestyle. Funding through the CAF helps make it possible for more people to gain self-esteem through sports. If you're a family with three children, one with a physical disability, you can buy two bikes at Wal-Mart for less than \$200 – for the third, you must purchase a handcycle that runs upwards of \$1,500.

### The History of the CAF

It began with one person and one event. The intent? To help legendary amputee Ironman/marathon athlete Jim MacLaren. He had been hit by a van during a triathlon in 1993 and was left a quadriplegic. Friends from the triathlon community gathered at the very first San Diego Triathlon Challenge that same year to raise \$25,000 for an adaptable van. When they raised double the amount, they decided to do it again. After Jim's bills had been taken care of, organizers turned to the many participants with disabilities who had been inspired to greater heights by MacLaren. In 1997 the Challenged Athletes Foundation was established with the spirit and determination that fueled MacLaren.

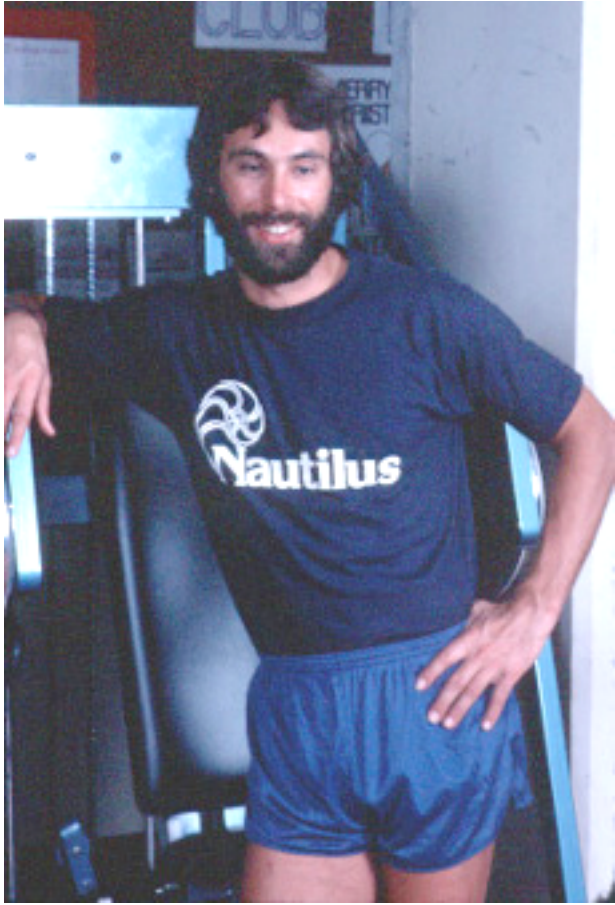
### Fundraising

The long-term goal of the CAF is to create a \$1,000,000 endowment fund that will continue to assist physically challenged athletes indefinitely. Of the revenue generated, 80% will be set aside for the endowment fund or be used for individual grant payments. To date, the CAF has provided over 1600 grants and raised over six million dollars.

### Quick facts

**First SDTC:** 1994  
**Established:** 1997  
**Funds raised:** \$6 Million plus  
**Grants distributed:** Over 1,600  
**Age of grant recipient:** 8 – 69





**1978 Ironman champ Gordon Haller**



**1979 Ironman champ Tom Warren**



**1979: San Souci beach start line**