



2007 Ironman Revisited Race Magazine





2002



2003



Ironman Revisited
August 12, 2007
Race Magazine
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Front Cover: Dave Scott and One Arm Willie Stewart, Ironman Revisited 2004.

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

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Schedule of Events

Thursday, August 9, 2007

DAVE SCOTT TRI-CLINIC

4:30 - 5:30 pm	Activity - Ocean Swim (Bring a towel)
5:45 - 6:45 pm	Strength Exercises, Injury Prevention and Run Technique
6:45 - 7:30 pm	Discussion - Fueling for Training and Racing, Q & A

Friday, August 10, 2007

DAVE SCOTT TRI-CLINIC

4:30 - 5:30 pm	Activity - Ocean Swim (Bring a towel)
5:45 - 6:30 pm	Discussion - Marker Sets for Evaluation and Determining Heart Rate
6:30 - 7:30 pm	Discussion - Bike Fit Demo, Race Strategy, Tapering, Q & A

PRE-EVENT COURSE FAMILIARIZATION - at your leisure

It is strongly recommended that each athlete and their support crew drive the triathlon bike and run courses before the event. Plan on taking 4-5 hours to learn the course. Note the swim start, bike transition parking lots and vehicular traffic. During this drive around, the team should decide at which locations that your team will make their nutrition transfers. You may also want to swim out to the wind sock at San Souci Beach. **PLEASE REVIEWE THE COURSE!**

Saturday, August 11, 2007

PRE-EVENT REGISTRATION and RECEPTION - New Location!

Dave and Busters - Honolulu - 1030 Auahi St. (808) 589-2215

3:00 pm - 4:00 pm - Event Registration, Pre-Event Meeting, Mandatory for all participants

4:00 pm - 5:00 pm - Presentation and Dinner

This is mandatory and very important! We will also go over some course specifics, hand out goodie bags and distribute the crew shirts.

Sunday, August 12, 2007

EVENT DAY CHECK IN

All crewmembers and athletes are required to check in at the event headquarters before 6:30 am at San Souci Beach Park. There is limited parking in the parking lot, but there is sufficient street parking on Kalakua Avenue. At this point, Crewmembers will receive their event cell phones and instructions on how to use them. The swim start is at 7:00 am .

Monday, August 13, 2007

POST-EVENT DINNER

6:00 pm - 9:00 pm – Hawaiian style dinner, awards ceremony and a special presentation.

Held at the beautiful Waikiki Aquarium: 2777 Kalakaua Ave. Honolulu, HI 96815. Each participant can bring up to two guests or crew members to attend. Please notify CAF if you'd like to bring more than two guests.

SUPPORT CREW INFO

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

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.
- * 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.

MEDICAL SUPPORT

There will be a medical crew at the start and finish of the swim. The medical crew will remain at the finish line until 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 GUEST: David Rozelle – Military Amputee and CAF's Operation Rebound Spokesperson

David Rozelle, a military below-knee amputee, is an icon, resource and inspirational figure for American military personnel injured in recent conflicts abroad.

While in Iraq, commanding 140 troops of the 3rd Armored Cavalry Regiment, Rozelle lost part of his right leg when a landmine exploded under his Humvee.

After completing his rehabilitation, Rozelle made the decision to return to active duty and to the same battlefield – the first American soldier to do so in modern times. Now having completed a second tour in Iraq on a prosthetic leg, Rozelle continues to lead by example and is helping his fellow injured soldiers to reclaim active lifestyles. He strongly believes in the healing power of sports to help accomplish his new mission.

After participating in the 2004 San Diego Triathlon Challenge, Rozelle became a proud supporter of the Challenged Athletes Foundation (CAF). He serves as a role model and mentor in CAF's Operation Rebound program. He recently represented CAF at the Ford Ironman Coeur d'Alene and was recognized with the Ford Ironman Everyday Hero Award.

Afterwards, Rozelle was driven to conquer the Ironman Triathlon World Championship in Kona – an important goal he set for himself to prove that he's not only "back in action," but back with a purpose. In Hawaii he went over an hour faster than his qualifying time, finishing in 12:46:26.

Now you could say that Rozelle is completing his Ironman experience by returning to the event's roots. Rozelle will be at the 2007 Ironman Revisited to compete on a relay team with Ironman legend Dave Scott.

SPECIAL GUEST: Dave Scott – 6-time Ironman World Champion and Coach

Dave Scott is the most recognized athlete and coach in the sport of triathlon. He is a six-time Ironman World Champion and the first inductee into the Ironman Hall of Fame.

Dave's career in triathlon began with the inception of the sport in 1976. He won his first Hawaii Ironman in 1980 and went on to win again in 1982, 1983, 1984, 1986 and 1987. In 1993, he was honored for his accomplishments in the sport and became the first inductee into the Ironman Hall of Fame. To celebrate, Dave came out of retirement and at the age of forty, after a five year absence from competition, decided to race again. In a stunning and memorable performance, beating out an impressive field of professional athletes – many of whom were in the twenties – Dave placed second overall. This incredible physical and mental feat earned Dave a new nickname among the triathlon community and he has since been known as “The Man”.

In terms of a personal philosophy, Dave believes that coaching people is more about being a teacher than a coach. Dave combines years of wisdom, wit and creativity to his passion for helping others. After thirty years in the sport, he continues to maintain world-wide appeal as a fitness and nutrition consultant, product marketing consultant and nationally recognized speaker. He also organizes or is the main keynote for many fitness camps, clinics and races held throughout the year, forging relationships with many people along the way. Dave is based in Boulder, Colorado and greatly enjoys spending time with his three children and maintaining a healthy and physically fit lifestyle.



SPECIAL GUEST: Atonio Tongia – CAF Grantee

Raised in Tonga, Atonio was the seventh of eleven children in his family. At the young age of seven, Atonio was stricken with polio. The disease attacked his legs, but never kept him down. In 1980 he came to Hawaii as part of a church choir and never left. He has struggled to get his green card in order to live and work in Hawaii. Even with all these challenges, he's remained positive and determined. In fact, at the ripe age of 54, Atonio just finished his first-ever 70.3 Ironman.

Earlier this year, CAF paired-up Atonio and the race director of the Rattlesnake Triathlon – Jim Flint. Jim had a used racing chair in great condition and wanted to give it to someone in need. Once CAF made the connection, Jim shipped the chair directly to Atonio in Hawaii. This was a huge blessing for Atonio because now for the first time, he has all the equipment he needs to compete. Atonio's dreams are coming to fruition.

Atonio's long-term goal is to earn a qualifying spot to the Ironman Triathlon World Championship. This has been a dream of his since moving to Hawaii and seeing the race. In an effort to help get him there, CAF gave him a travel grant to compete in the 2007 Buffalo Spring Lake 70.3 Ironman qualifying event.

Atonio's "Iron-clad determination" pushed him to the finish line of Buffalo Springs course – considered to be one of the most difficult due to its rolling hills and hot, humid weather. He finished just 2 minutes and 54 seconds past the cut-off time of eight hours, but wasn't disappointed.

"I learned a lot from [the] experience. I'm not going to quit and I will keep trying until I qualify" said Atonio.

Atonio's draws strength from his motto, "God gave us another day, live it!" CAF is proud to support an athlete that is living life

to the fullest everyday and not taking anything for granted. Atonio's fortitude has helped him to overcome the odds and we're glad to have him as part of the 2007 Ironman Revisited experience.



***SPECIAL GUEST: Andy Baldwin, M.D.
– U.S. Naval Lieutenant and The Bachelor on ABC's "The Bachelor: Officer and a Gentleman"***

U.S. Navy Lieutenant Andy Baldwin, M.D., 30, an undersea medical officer for a special operations dive unit stationed in Pearl Harbor, Hawaii - a real-life "officer and a gentleman" - recently faced the most exciting mission of his life -- finding true love -- on the tenth edition of ABC's popular romance reality series.

Andy, an accomplished triathlete and winner of recent humanitarian awards from Triathlete Magazine and Competitor Magazine for his work in Laos last summer on a military mission-- where he treated over 600 Laotians in remote mountain villages -- grew up in Lancaster, Pennsylvania, where he was valedictorian in high school and a competitive swimmer who made All-American. He was even named ESPN's National Scholar Athlete of the Year in 1995.

He moved to the west coast, after graduating from Duke University with honors, to go to medical school. He graduated from medical school following a surgical internship at Naval Hospital San Diego. The move to the west coast inspired a new passion -- cycling -- and he combined this with his excellence in swimming and running to compete in his first triathlon in 2000, falling in love with the sport. Andy has since gone on to compete internationally in numerous Ironman, Half-Ironman and other triathlons and marathons, often ranking

among the top five finishers in his age group. One of his biggest supporters at his races was his beloved Uncle Tom, who died of pancreatic cancer just one month after diagnosis. To honor his uncle, Andy established a fund to raise money for pancreatic cancer research. In 2006 he was asked to serve as group surgeon for a team of 50 military personnel headed to Laos. His role during the mission was to take care of the medical needs of his team and to treat Laotian villagers in need of medical attention. The experience was unforgettable.

Andy will be participating in Ironman Revisited as part of a relay team (Team Navy – Coast Guard) with training partner Mike Ferreria.



***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 25th, 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 19th 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 - Teams Up with Klaus Barth

By Tabi King

On August 15, 2004 Scott Tinley returned 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, returned to participate on a very special relay team that consisted of Todd Sells and Klaus Barth, the amazing age grouper who finished 8th in 1985 and 4th 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 14th, 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 completed his third round of chemotherapy a week before the 2004 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 Scott Tinley, Mark Allen and Dave Scott helped create one of the largest sporting events - and life-changing experiences - in the world.



IRONMAN REVISITED 2005

By Lauren Henne

At daybreak on August 14th, 18 men and women “toed the line” at San Souci Beach, on the Hawaiian island of Oahu. Their mission: retrace the route of the original Ironman, and complete the 2.4 mile Waikiki Rough Water Swim, the 112 mile Around Oahu Bike and 26.2 mile Honolulu Marathon in the same day. But this was different. No aid stations. No cut off times. No cheering crowds. Just the participants, their crews and their strong desire to make dreams come true for challenged athletes. Mission accomplished! Participants in this year’s Ironman Revisited experienced a day they will never forget, and in the process, raised \$60,000 for challenged athletes.

Ironman Revisited competitors didn’t have to look far to see why they were competing in an event where finishers are presented with a “Hole in the Head” trophy. Paralympic gold medallist and world record holder Rudy Garcia-Tolson was at their side on the beach, doing the swim segment for a relay team. More importantly, the event gave Rudy the opportunity to share his “no fear” attitude with two other recently injured teenage athletes – Blake Doyle, a below-

the-knee amputee surfer from Florida, and Evan Strong, a teenage skateboarder from Maui who lost his leg when he was hit by a car while riding his motorcycle.

Thanks to CAF's partnership with Ossur, Rudy was able to present Evan with a new \$23,000 prosthetic foot at the post-event banquet. Now equipped with the right equipment to go with his positive attitude, Evan can once again pursue his dream of becoming a world-class skateboarder.

Money raised by Ironman Revisited participants will enable CAF to continue to expand its Catch A Rising Star mentoring and fitness program to help people like Blake get back on track athletically. It will also go to provide stipends to challenged athletes like Evan, so they can continue to reach for their dreams in their chosen sports.



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, 2004 at the Paralympic finals of the 200-meter individual medley in Athens, Greece. The photo 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: Jon Beeson, Paul Martin, Joel Sampson 12:16

1. Deon Lourens 9:45
2. Karl Haussmann 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 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 C.A.F.: Rudy Garcia-Tolson, Dave Scott, Willie Stewart 9:41

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 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 Kavinoky 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 C.A.F.: Klaus Barth, Scott Tinley, Todd Sells 11:41

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

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 KAVinoky	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 Results

Team CORE: Ed Kurzenski, Deon Lourens, Kevin Smith: 10:05

Team Groundhog: Sidney Jensen, Ken Peschel, Michele Mash: 11:55

Team Braveheart: Rudy Garcia-Tolson, Dan Powell, Joy Secretario: 12:50

Team Magnum: Shoko Paul, Chris Kostman, Laurie Streff: 13:29

1. Luis Alvarez	13:29
2. William Foulk	16:08
3. Gregory Markus	16:31
4. Kevin Cason	17:39
5. Brian Louper	18:35
6. Matthew Kresser	20:23



2007 Ironman Revisited Race Roster

Junior Cachero
 William Foulk*
 David Guarriello
 Christina Hijjawai
 Sidney Jensen*
 Chris Kostman*
 Matthew Kresser
 Gregory Markus*
 Ken Peschel
 Michael Sicard

* These four athletes have competed in all four previous Ironman Revisited events. Jensen completed two solo, one on a relay team, and DNF'd one. Kostman completed three solo and one on a relay team. Foulk and Markus completed all four solo.

Team Dodge BolderBreak Tri Team: Jess Core, Phillip Sutherland, Dan Wallace, Blake Carter, Kyle Keene, and Michael Young.

Team CAF Revisited: Dave Scott, Ryan Scott, and David Rozelle.

Team Navy - Coast Guard: Andrew Baldwin and Mike Ferreria.



Official Results, Ironman 1978-1980

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

Plc	Name	Swim	Bike	Run	Total
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 Orlowski	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

Plc	Name	Swim	Bike	Run	Total
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

Plc	Name	Swim	Bike	Run	Total
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

Plc	Name	Swim	Bike	Run	Total
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

Plc	Name	Swim	Bike	Run	Total
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.

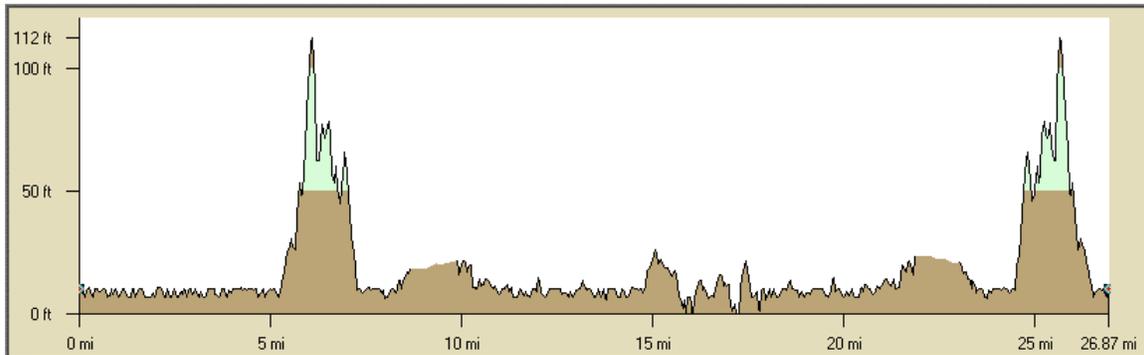


Bike Course Map: At the bottom of the map, we start at the right dot at the Hilton Lagoon, ride counter-clockwise around the island, then finish at the left dot at the Aloha Tower.

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.



Run 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.

2007 Ironman Revised 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
17.3	Pass	Sea Life Park / Marakpu'u Beach Park	
18.8	Pass	Magnum's Residence 41-505 Kalaniana'ole Hwy (Right Side)	
23.9	Pass	Keolu Dr. (TL)	
25.3	Left	Kalaniana'ole Hwy (TL) Hwy 61	Castle Hospital
26.1	Right	Kapaa Quarry Rd.	
28.6	Right	On to Mokuau 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	
39.9	Right	Kahekili Hwy / Kamehameha Hwy 83 (SS, T-int) Gas stn on R.	Hygenic Store across the street.
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.	
83.3	Pass	Dole Plantation on left	
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	
99.2	Pass	Sam's Club and Home Depot. You are on Kamehameha Hwy 99.	
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.	

2007 Ironman Revisited Marathon Routesheet

Call Race HQ where directions are bold!

Odo	What	Where	Reference
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
8.8	Right	Kalaniana'ole Hwy 72	Aloha Gas
14.2	Left	Lunalilo Home Rd (TL) in Hawaii Kai	By Chevron in town center
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
17.2	Right	Kalaniana'ole Hwy 72 (T-in, TL)	Cross street. Face traffic.
21.5	Exit	Exit Hwy at Kilauea	(Car must go around to meet runner.)
21.6	Left	Kealaolu Ave	Aloha Gas
22.3	Right	Kahala Ave	
23.8	Continue	Stay straight on Diamond Head Rd	Pass Triangle Park
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 Life 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 at Aloha Tower Time _____

CP#9 Run past San Souci Beach start/finish Time _____

CP#10 R. Kalaniana'ole Hwy, Alohas Gas (Mi 8.8) Time _____

CP#11 Left on Lunalilo Home Rd (Mi. 14.2) Time _____

CP#12 Right on Kalaniana'ole hwy 72 (Mi. 17.2) Time _____

CP#13 Left on Kealaolu Ave, Aloha Gas (Mi. 21.6) \Time _____

CP#14 Straight on Diamond Head Rd (Mi. 23.8) Time _____

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

Congratulations!!!! Elapsed _____



RECOGNIZING COURAGE. REWARDING PERSEVERANCE. REALIZING DREAMS.

There's a place on the Southern California coastline where courage has many faces ...a home for heroes where perseverance comes through the door with a first name ...a caring organization where dreams are nourished and brave hearts strive daily to reach lofty goals. This place is unlike any other in the world. This is the Challenged Athletes Foundation (CAF).

Mission

It is the mission of CAF to provide opportunities and support to people with physical disabilities so they can pursue active lifestyles though physical fitness and competitive athletics. CAF believes that involvement in sports at any level increases self-esteem encourages independence and enhances quality of life.

Quick Facts

CAF Established: 1997
First SDTC: 1994
Funds Raised: More than \$11 million
Grants Distributed: More than 2,600
Age of Grant Recipients: 5 – 69
Individuals Touched Annually by CAF Programs: 60,000

How Did It Begin?

CAF grew out of a desire to assist one athlete – trailblazing below-knee-amputee endurance racer Jim MacLaren – who suffered a devastating second accident while competing in a triathlon. Hit by a car during the bike leg, Jim was paralyzed from the neck down. His many friends quickly decided to raise funds for his recovery, and organized the first San Diego Triathlon Challenge (SDTC) – an annual fundraising triathlon event at La Jolla Cove. From this modest beginning arose a more important mission – to make sure people with physical disabilities have the same freedom to enjoy sports that able bodied persons take for granted.

What Difference Does it Make?

CAF has raised more than \$11 million – allowing the Foundation to satisfy more than 2,600 funding requests from challenged athletes in all 50 states and dozens of countries. Eighty-two cents of every dollar raised by CAF provides funding and programs that get challenged athletes into the game. Whether it's a \$2,000 hand cycle, helping underwrite a \$15,000 running prosthetic or arranging enthusiastic encouragement from a mentor who has triumphed over a similar injury, CAF's mission is clear: give those with the desire to live active, competitive lifestyles every opportunity to participate in the sports they love. At the 2004 Paralympic Games in Athens, Greece 45 of the 235 participating U.S. athletes (almost 20 percent) were supported by CAF.

Challenged Athletes, Inc.

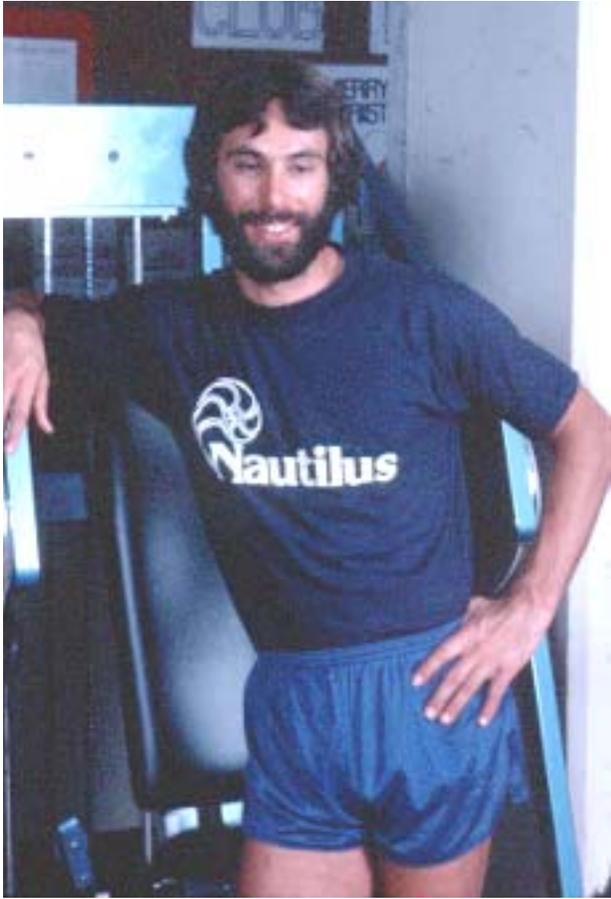
11199 Sorrento Valley Rd., Suite C San Diego, CA 92121-1334 858.866.0959
Non-Profit #33-0739596 www.challengedathletes.org



2004



2005



1978 Ironman champ Gordon Haller



1979 Ironman champ Tom Warren



1979: San Souci beach start line