



# Road to Kona!

Learnings along the way





# How it all started...



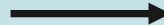
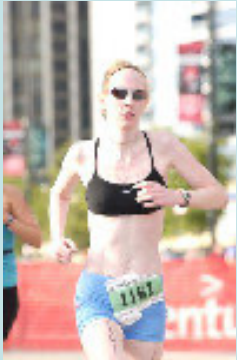
Three years old: "I want to be a doctor."

Three sport athlete in high school, then division 1 college athlete in track

College: "I want be an orthopedic surgeon and take care of athletes."

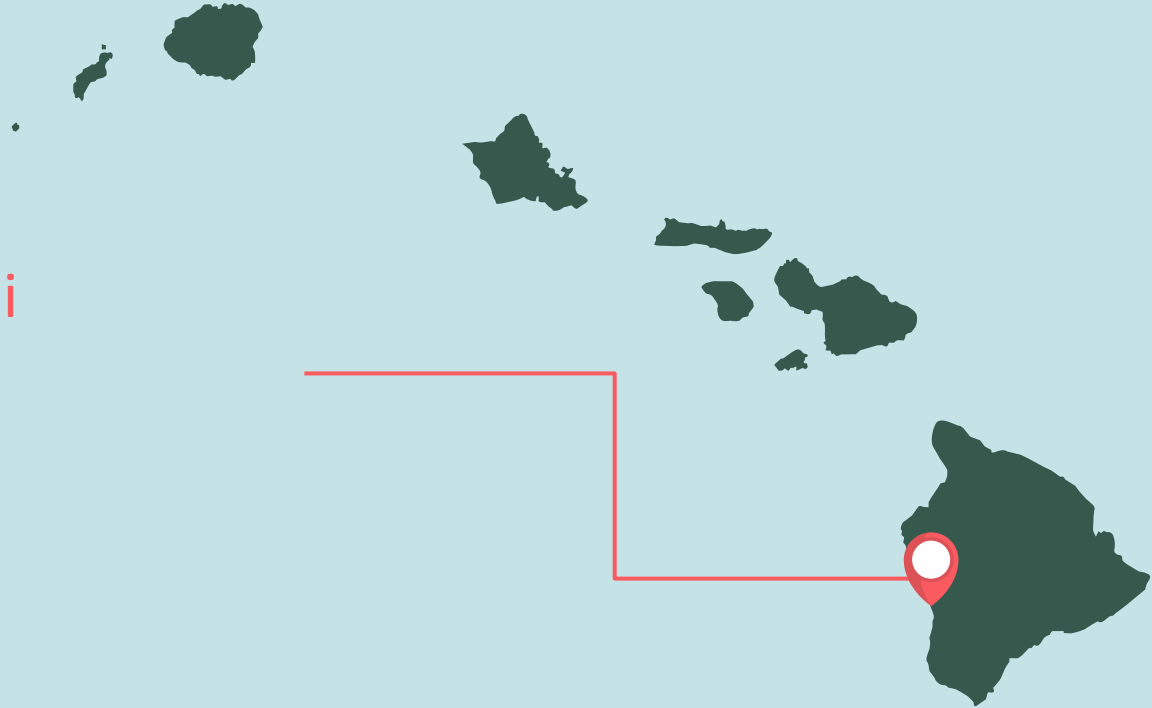
Starting running marathons in medical school, then transitioned to triathlon

Medial school: "I want to be an orthopedic surgeon and then specialize in pediatric sports medicine."





# Road to Kona... And my first Ironman branded event



Kailua-Kona, Hawaii

Iconic Ironman location!





# Honu 70.3 (2009)





Tales from IRONMAN,  
the World's Greatest Endurance Event

# MIKE REILLY

## FINDING MY VOICE

BY MIKE REILLY  
WITH LEE GRUENFELD

Foreword By Bob Babbitt

## “You are an Ironman”

The voice of Ironman / the storyteller of Ironman:

- Has called 500,000 athletes across the finish line
- Career of 33 years and 214 Ironman events
- Retired at the end of 2022

“No matter what happens today,  
you’ve got control over one thing and  
one thing only – that’s your attitude.”

# A break from triathlon... ie, ortho residency



Swim



Bike



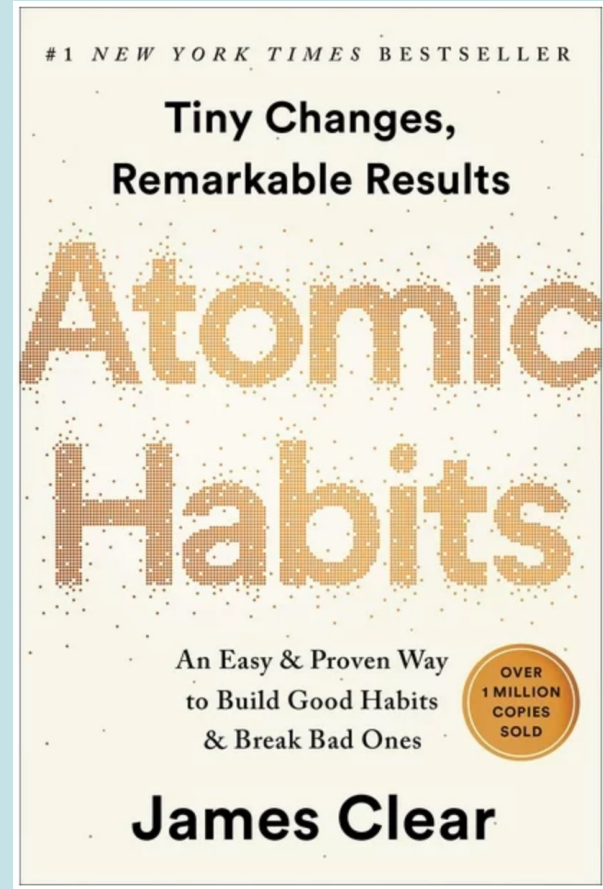
Run





This describes residency/fellowship  
AND endurance training!

“The only way to become excellent is  
to be endlessly to endlessly  
fascinated by doing the same thing  
over and over. **You have to fall in  
love with boredom.**”



# A LIFE

WITHOUT LIMITS

A WORLD CHAMPION'S JOURNEY

CHRISSIE WELLINGTON



**“EMPOWERING.”**

—KIRKUS REVIEWS

## Chrissie Wellington

Four time Ironman World Champion (2007, 2008, 2009, 2011)

“Just seize every opportunity you have, embrace every experience. Make a mark, for all the right reasons.”





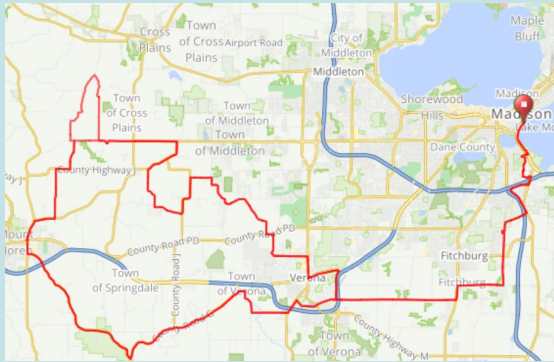
# Boulder 70.3 (2015)







# Ironman Wisconsin (2016)





# BORN TO RUN

A Hidden Tribe, Superathletes,  
and the Greatest Race the World  
Has Never Seen

**Christopher McDougall**

Read by Fred Sanders

AN UNABRIDGED  
PRODUCTION



A story about the “secrets” of a Tarahumara people, known for being world-class ultra runners.

The main “secret” to world-class running is to truly love it.”

Interleaved thru the main story line is information on the history, diet, effects of commercialization, and medical aspects of ultra running.



# BORN TO RUN

A Hidden Tribe, Superathletes,  
and the Greatest Race the World  
Has Never Seen

Christopher McDougall

Read by Fred Sanders

AN UNABRIDGED  
PRODUCTION



## Is it all about the basics?



Eating Well



Training



Hydrate



Sleeping Well



Health Care



Shoes



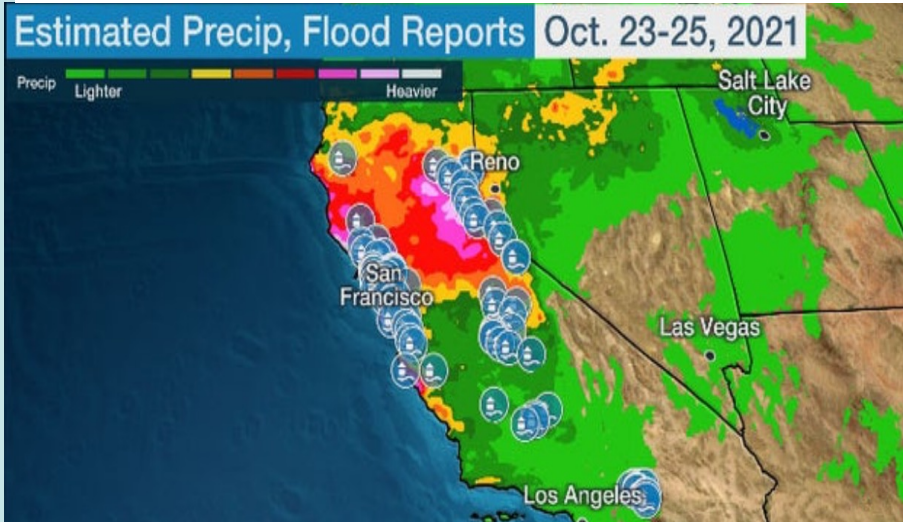
Technology



# Ironman California (2021)

SPORTS

**Ironman California cancels Sacramento race, citing safety concerns amid heavy rains**





# Ironman California... but IronKids





NEW YORK TIMES BESTSELLER

# EAT & RUN

My Unlikely Journey to Ultramarathon Greatness

“What a triumph . . . Jurek defies unimaginable challenges, and thanks to this breathtakingly personal account, I finally understand how he does it.”

— CHRISTOPHER McDOUGALL, author of *BORN TO RUN*



WITH Steve Friedman

# SCOTT JUREK

## Scott Jurek



Scott Jurek's journey from a midwesterner who ate meat and potatoes to an ultrarunner and vegan eater.

“I'm healthier and I can run longer and faster because I eat a plant-based diet. But I don't preach to my carnivorous friends or lambaste anyone who eats a baked potato slathered with butter and sour cream. Anyone who pays attention to what they eat and how it affects them will naturally move toward plants — and toward health.”





# Maple Valley 70.3 (2022)





# IRONMAN

## WORLD CHAMPIONSHIP

### MEDICAL SYMPOSIUM



Aloha!

## WIN A RACE SLOT TO THE IRONMAN!

Each year one lucky attendee will win a race slot into the following year's Ironman World Championship.

Mahalo to the World Triathlon Corporation (WTC) for making this offer available to the symposium.





# Ironman California (2022)

Great training year! Excited for the race



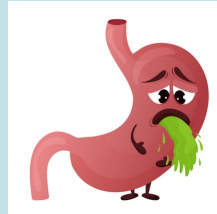


# Ironman California (2022)

Great training year! Excited for the race



56 minutes swim



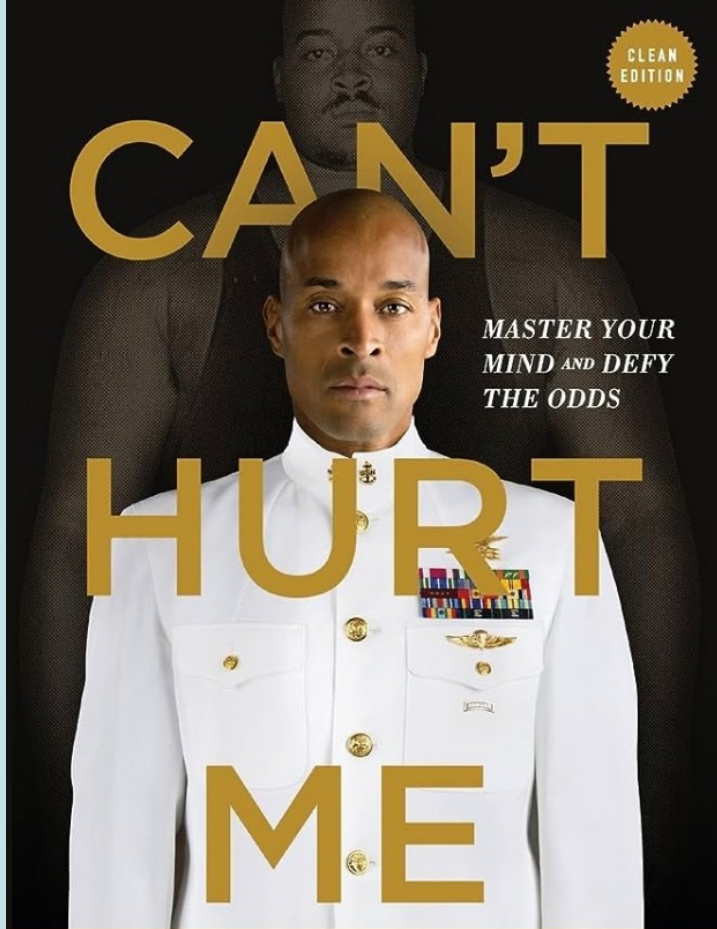
Bike



**DNF**







## David Goggins

- Retired United States Navy SEAL
- Ultramarathon runner
- Ultra distance cyclist and triathlete
- Public Speaker
- Author

“At the end of the day, hard work may not be enough. You still may fail. But you keep going out there and go after it.”

**“Don't stop when you're tired. Stop when you're done.”**

DAVID GOGGINS

NEW YORK TIMES BEST SELLER

OVER 4 MILLION COPIES SOLD



# Event calendar



Mon	Tue	Wed	Thur	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				



## Training

Work, work,  
work.



## Race day

Fun time!



50 IRONMAN TRIATHLONS / 50 STATES / 50 DAYS

# IRON COWBOY

REDEFINE IMPOSSIBLE



JAMES LAWRENCE

“Nothing great is ever accomplished on our own.”



James Lawrence

(aka the Iron Cowboy)

- Completed 50 Full Distance Triathlons
- In 50 consecutive days
- In all 50 states

(He later completed the “Conquer 100” in which he completed 100 consecutive Ironman length triathlons in 100 days)



“Nothing great is ever accomplished on our own.”





# Ironman 70.3 Hawaii (2023)







# Ironman Penticton...



Cancelled due to wildfires





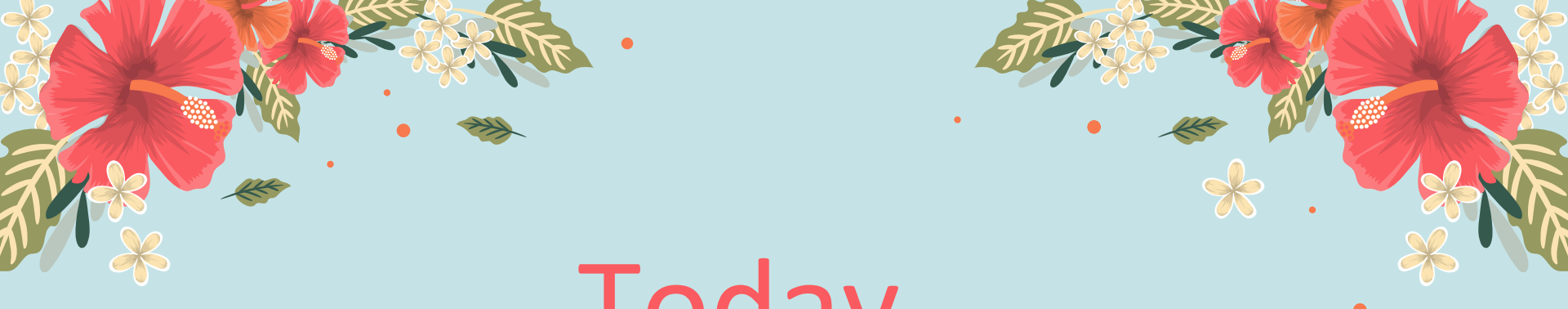
# Tahoe 70.3





“Nothing great is ever accomplished on our own.”





Today...  
5 days away from  
Ironman Hawaii!

