

The background of the slide is a photograph of a large group of triathletes swimming in the ocean at dawn. The water is dark, and the sky is a mix of blue and orange from the rising sun. In the distance, a coastline with palm trees and a church steeple is visible. The text 'IRONMAN' is overlaid in the top right corner in a large, bold, multi-colored font. The letters are filled with a gradient of orange, yellow, and red, and have a thick black outline. Above the letter 'I' is a solid orange circle.

IRONMAN

SPORTS MEDICINE CONFERENCE

Bob Laird, MD
Medical
Director
Emeritus

2011 Alvis Upitis





OAHU FEB 18, 1978



Waikiki Rough Water
Swim 2.4 miles



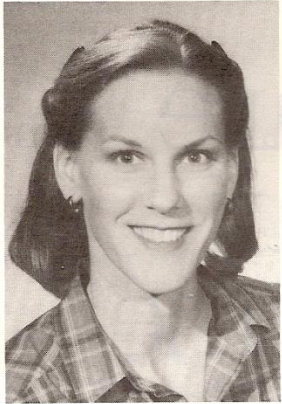
Honolulu Marathon
26.2 miles

Two Day Around
Oahu Bike Race
112 miles





When the Ironman became my responsibility in 1980, my view of it was entirely separated from the fact that it was a sports event. For me, it was merely a vehicle through which I could achieve what I was driven to achieve at that particular time in my life, which was **to do something that would have a positive, life-changing influence on people.** That was it. It wouldn't have mattered to me whether I organized a grueling race or an evening at the symphony. My aim would have been the same. At that particular time in my life, something in me simply needed to create a context in which people could be moved in their very souls in a way that transcended their daily lives and would become better people for it.



Welcome...

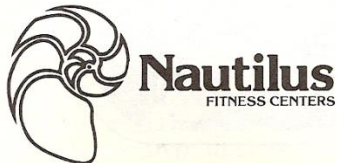
TO THE DISCIPLINED AND THE DEDICATED.

Aloha,

It is truly an honor and a privilege to welcome all contestants to the 4th Annual Nautilus International Triathlon. After months and months of awesomely intensive training for the most physically demanding endurance event in the world, it is now time for the race and for you to draw on the foundation of strength and endurance you have been building this past year. I wish all of you the very best of luck on race day, and I hope to see many of you again in '82.

To the many people who have donated incredible amounts of time and energy working behind the scenes these past several months and to the hundreds and hundreds of volunteers who will be assisting and serving the contestants on race day, I extend my welcome to the Triathlon and my sincerest mahalo for making an event of this magnitude possible.

I hope all of you will find this year's Triathlon a memorable one where new friendships are born and fond memories will last you a lifetime.



Warmest aloha,

Valerie Silk

Valerie Silk
Race Director

Valerie Silk

1981- 1983

Kay Rhead

1984-1987

Debbie Baker

1988-1990

Steve Borowski

1991

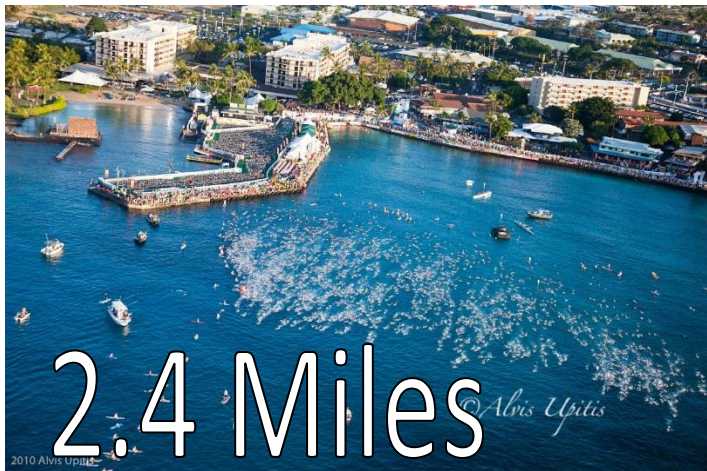
Sharron Ackles

1992 – 2002

Diana Bertsch

2003 - 2023

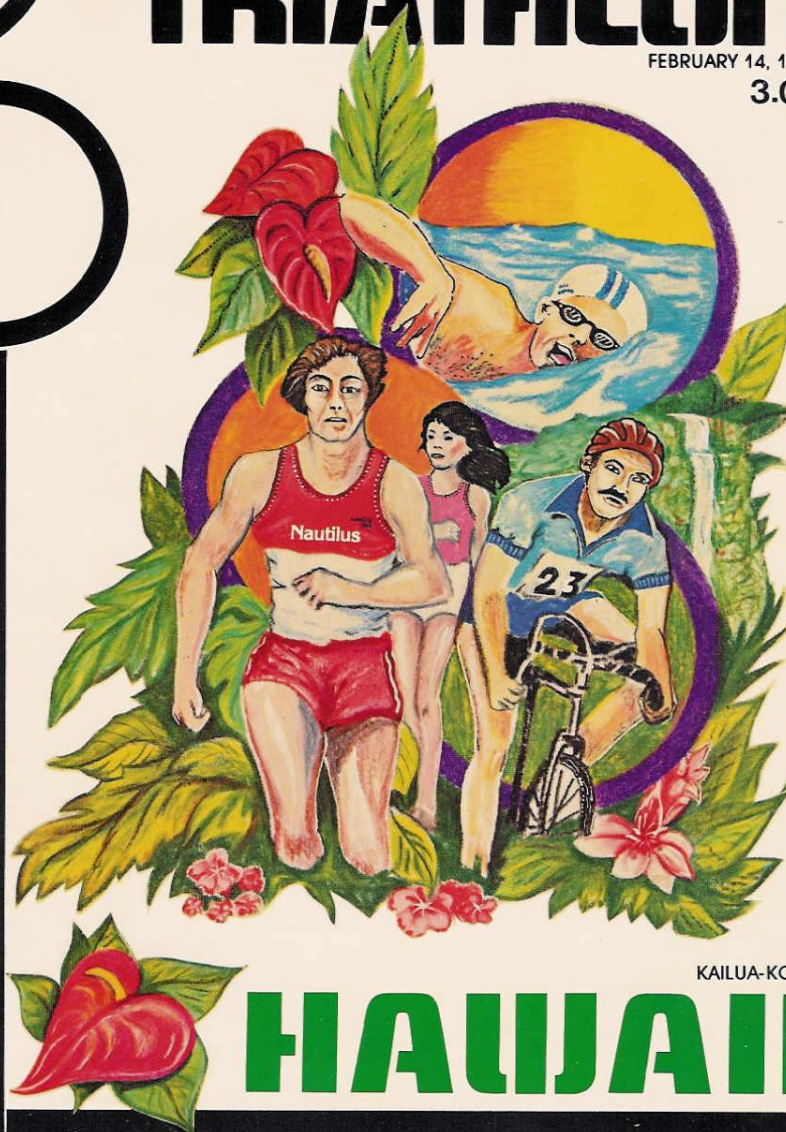
Laina Reisenfeld



Nautilus INTERNATIONAL TRIATHLON

FEBRUARY 14, 1981

3.00

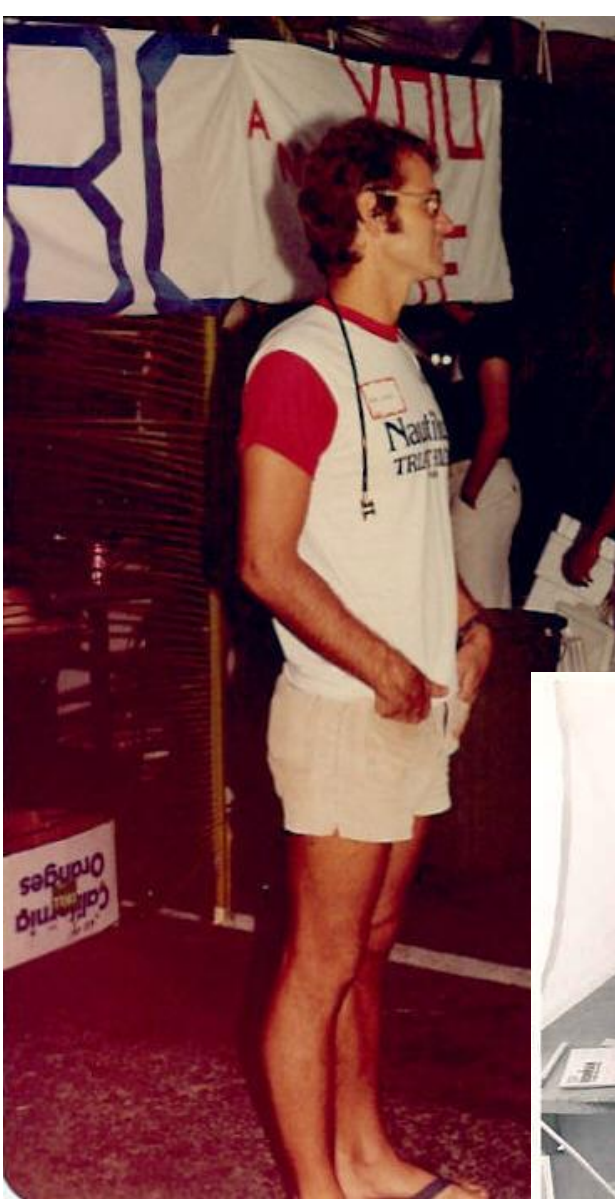


KAILUA-KONA

HAWAII

Ironman Directors 1982





Louise Morris



Starters – 580 Finishers – 541

Finish Rate – 93%

Medical staff – 37

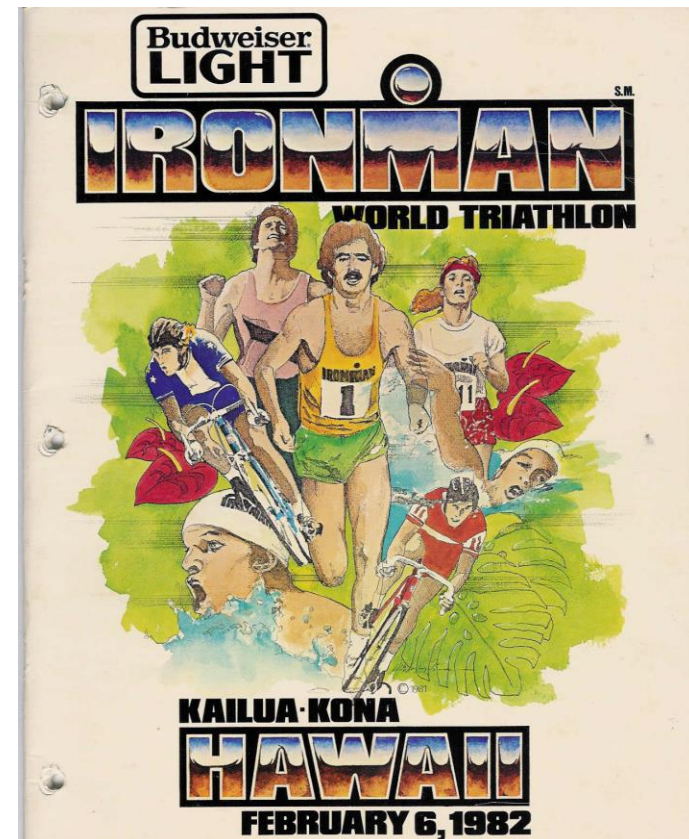
Medical Visits – 89

15% of Starters

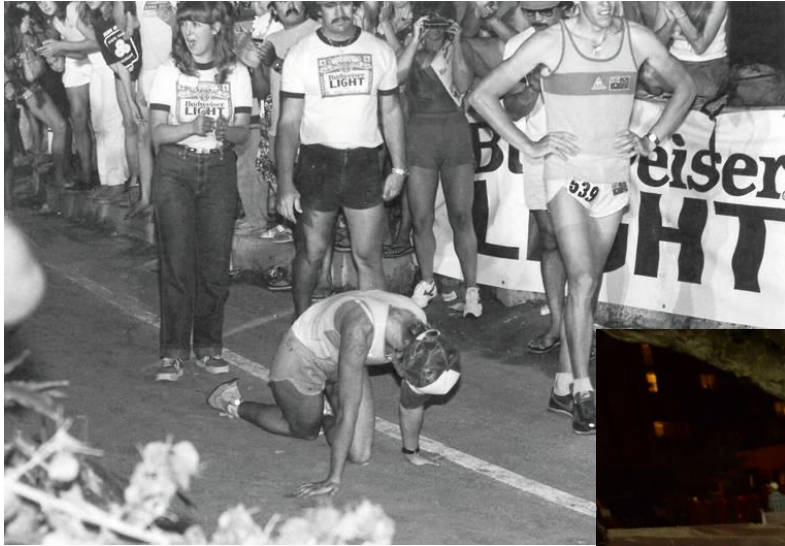
8% Received IV

Hisau
Iwane, MD

<div style="font-size: 4em; font-weight: bold; background-color: black; color: white; border-radius: 50%; width: 60px; height: 60px; line-height: 60px; margin: 0 auto;">P</div>	<p>Athletes' Safety First</p>		<p>Dr. Toshihito KATSUMURA</p>
	<p>Dr. Toshihito KATSUMURA</p>		<p>ITU Medical/Anti-Doping Committee Japan Triathlon Union, Anti-Doping Committee, Chair Email: kats@tokyo-med.ac.jp Mobile: +81-90-2763-1408</p>
	<p>Medical/Anti-Doping Committee International Triathlon Union</p>		



Julie Moss



JULIE MOSS

"Crawl of Fame" Book Signing
Tomorrow Night at 7:30pm
Warwick's in La Jolla

www.warwicks.com



BUD LIGHT
IRONMAN

TRIATHLON WORLD CHAMPIONSHIP

1100 WARD AVE., SUITE 815 • HONOLULU, HAWAII 96814 • 808-528-2050

June 20, 1983

Sports Illustrated
541 N. Fairbanks Ct.
Chicago, IL 60611

Dear Editor:

As Medical Director for the Ironman Triathlon World Championship, I was distressed to have missed the diagnosis of classic heat stroke which Kenny Moore was able to diagnose over television and discuss in "Viewpoint" (May 23, 1983).

The medical personnel who examined Julie Moss at the finish line of the February 1983 Ironman included myself and a prominent cardiologist. Without the benefit of TV, we were forced to rely on direct examination which showed an exhausted, slightly dehydrated young lady whose temperature rapidly dropped, with the application of ice towels, from 102 (well below heat stroke range) to 98 degrees. She required only rest, oral fluids and a shower before she was able to give a delightful interview to ABC a short time later.

At no time were Julie's vital signs remotely indicative of heat stroke.

I believe the Ironman Triathlon World Championship has perhaps the best medical coverage of any comparable event in the world.

Our philosophy has been to advise withdrawal from the race if continued participation is potentially dangerous to the health of a triathlete. We will medically disqualify and remove the triathlete from the competition only if continued participation is deemed potentially dangerous to the life of the competitor.

While I agree entirely that heat exhausted athletes are unable to make rational decisions (one of the signs of impending heat stroke) and should be removed from the course, to disqualify


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Sports Illustrated
June 20, 1983
Page Two

a top contender in the last few hundred yards of a 140.6 mile event unnecessarily amounts to monumental cruelty and disregard for the months of training and work which brought the athlete to that point.

If Mr. Moore had, as he wished, embraced Moss and taken her from the course, he would have deprived her of probably the most important part of her race. For, as she proved, her race was not done.

Sincerely,


Robert H. Laird, M.D.

RHL/bt

ADVANCES IN SPORTS MEDICINE

During the Ironman Triathlon

KONA, HAWAII
OCTOBER 18-24, 1983

Dear Physician:

"Advances in Sports Medicine" is aimed at "how to get" the injured athlete — amateur as well as professional — back in action faster, and in better shape. Above all, to show physician and athlete how to avoid injury. Join us at this special Triathlon Medical Seminar for a first-hand look at the "Superbowl" of endurance events.

SPEAKERS AND TOPICS:



Dr. Lee Rice

"ADVANCES IN SPORTS MEDICINE"
E. LEE RICE, D.O.

Family and Sports Medicine Physician
Director San Diego Sports Medicine Center
Team Physician: San Diego Chargers
Team Physician: Men's USA Volleyball Team
Medical Director: Heart of San Diego Marathon



Dr. Howard Hunt

"NUTRITION FOR TRIATHLETES - TRAINING
AND COMPETITION"
HOWARD HUNT, Ph.D.

Exercise Physiologist
Chairman, Dept. of Physical Education
University of California, San Diego
Physical Fitness Consultant - Blue Cross/Blue
Shield of America



Charles Coker, M.A.

"FITNESS FOR LIFE"
CHARLES COKER, M.A.
HEALTH EDUCATION, NUTRITION, &
PHYSICAL EDUCATION

Former U.S. National Decathlon Coach
Board of Advisors for American Academy of
Podiatric Sports Medicine
Board of Advisors of the Health and Tennis
Corporation of America of Chicago
Board of Advisors of the Association of
Physical Fitness Centers



Dr. Robert Laird

"MEDICAL ORGANIZATION OF A
TRIATHLON"

ROBERT LAIRD, M.D.
Medical Director of the Ironman Triathlon

16 Hours Continuing Medical Education Units

Co-sponsored by:

University of California - San Diego School of Medicine
Division of Continuing Education

BE A PART OF THE SPIRIT AND FESTIVITIES
OF THE "SUPERBOWL" OF SWIM/BIKE/RUN RACES

WEEK OF FITNESS and HEALTH TOUR

At The 7th Annual

IRONMAN TRIATHLON



in Kona, Hawaii

ADVANCES IN
SPORTS MEDICINE SEMINAR

OCTOBER 18-24, 1983



YOUR HOSTS: BILL AND JULIE LEACH

American Airlines AA

Aloha Airlines

AVIS

Lee Rice,
D.O.

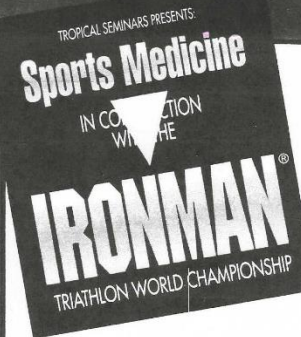
Ferdy
Massimino,
M.D.



Bob Bethel

Selected Topics in Sports Medicine

1989



Course Objectives:

At the conclusion of this seminar the attendee will:

- ▷ Understand the physiological, biochemical and environmental factors affecting performance and injury in the endurance athlete.
- ▷ Be able to recognize and manage sports injuries common to the endurance athlete.
- ▷ Be able to provide advice and counseling to the athlete helping to prevent injury and promote proper training and nutrition.
- ▷ Be able to provide advice and counseling to groups or individuals concerning the appropriate use of medical services at endurance events.

Seminar Faculty...

Don Chu, Ph.D., R.P.T. Professor of Kinesiology and Physical Education, California State University, Former Head Coach Track and Field, Cal State University, Director/Owner, Ather Sports Injury Clinic. Considered the "guru" of Plyometrics training that develops strength and speed.

Doug Hiller, M.D., L.A.B.A.D.A.N., Inc. Founder, Director, Medical Editor, Triathlete Magazine; National Medical Director, US Triathlon Series; Chief Medical Officer, Triathlon Federation USA; Chairman, Medical Committee, International Triathlon Union.

Dave Jackson, M.D. Assistant Professor, University of Kentucky, Department of PM&R; Director of Rehabilitation, Sports Medicine Program, University of Kentucky; Finisher, 1986, 1991 Ironman® Triathlon World Championship, Chairman, American Medical Triathlon Association.

Robert Laird, M.D. Medical Director, World Championship Ironman® Triathlon, Pediatric and Adolescent Medicine, Kailua-Kona, Hawaii; Finisher, 1987 Ironman® Triathlon.

Constance LeBrun, M.D. Lecturer, Sportsmedicine, Department of Family Practice, Physical Education and Recreation, University of British Columbia, Vancouver, British Columbia; Former Canadian Olympic Volleyball Team Member.

Seminar Coordinator: Bob Bethel, D.O. Former Chief, Department of Family Practice, Harrison Memorial Hospital, Bremerton, WA; Diplomate, American Board of Family Practice; Fellow, American Academy of Family Physicians; President, Tropical Seminars.

David Li, M.D. Professor of Radiology and Chief, Department of Radiology, University Hospital, University of British Columbia, Vancouver, B.C., Canada.

T.K. Miller, M.D. Clinical Assistant Professor of Orthopaedics, University of Virginia-Roanoke; President, Triathlon Federation USA; Medical Committee Chairman, Private Emergency, Roanoke Orthopaedic Center, Roanoke, Virginia.

Mary O'Toole, PhD Assistant Professor, Dept of Orthopedic Surgery, University of Tennessee; Memphis, Tennessee; Director, Human Performance Laboratory, Campbell Foundation.

P.Z. Pearce, M.D. Assistant Professor, University of Washington School of Medicine, Clinical Faculty, Family Medicine Residency Program, Spokane, Washington; Member, US Olympic Medical Committee; Western Regional Medical Director, Tri Fed USA; National Team Physician, US Cycle Federation.

Warren Scott, M.D. Division Chief, Sports Medicine, Kaiser Permanente Medical Center, Santa Clara, California; Chairman, Triathlon Division, American Medical Athletic (Joggers) Association; Board Certified Family Practice and Emergency Medicine; Planning Committee, Ironman® Triathlon Sportsmedicine Seminar, Finisher, 1992 Ironman® Triathlon.

Tom Tulco, Ph.D. Professor, Department of Psychology, San Jose State University, San Jose, CA.

Special Guest, Ray Browning, M.S.

Two time winner of both the New Zealand and Japan Ironman events, a three-time winner of the Canadian Ironman, 1993 Mountain Man Winter Triathlon World Champion; Ray has a master's degree in Kinesiology from UCLA and is an entertaining and well received multi-sport clinic speaker.

OCTOBER 24-28, 1993

IRONMANTM

Sports Medicine Conference





**Pamela S. Douglas, MD, MACC,
FASE, FAHA**



Pamela S. Douglas, MD, MACC, FASE, FAHA is the Ursula Geller Professor of Research in Cardiovascular Diseases in the Department of Medicine at the Duke University and Director of the Multimodality Imaging Program at the DCRI. Dr. Douglas earned her undergraduate degree from Princeton University, medical degree from the Medical College of Virginia, Virginia Commonwealth University School of Medicine. She then completed her Internal Medicine Residency and Cardiology Fellowship at the Hospital of the University of Pennsylvania.





SPORTS INJURIES

Mechanisms, Prevention, and Treatment

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CHAPTER 19

Triathlon

ROBERT H. LAIRD, M.D.

INTRODUCTION

Triathlons got their start in Honolulu in 1978 when the first one, called the Ironman, combined the 2.4-mile Waikiki rough water swim, the 112-mile bike race around Oahu, and the 26.2-mile Honolulu marathon into one event, back to back. The current Ironman triathlon course is laid out on the Island of Kona (Fig. 19.1).

Coverage of the event by television in January of 1980 led to a boom in various distance triathlons in the United States and around the world. The popularity of triathlons of various distances can be related to the television and press coverage of the Ironman in Hawaii and to the appeal of combining three of the most beneficial aerobic sports—swimming, biking, and running—into one event. The order of events has traditionally been swim, bike, and run; however, this may vary.

MEDICAL PROBLEMS

The medical problems encountered in triathlons depend upon many factors, some of which are: (a) the distance involved in each individual portion; (b) overall time involved; (c) environmental factors, i.e., temperature, humidity, altitude.

SWIMMING

Swimming distances may vary from 800 m up to the 3.7-km distance of the Ironman. Water conditions may vary from swimming pools to fresh-water lakes to open oceans. Water temperature may vary from 12 to 32°C.

Psychological Problems

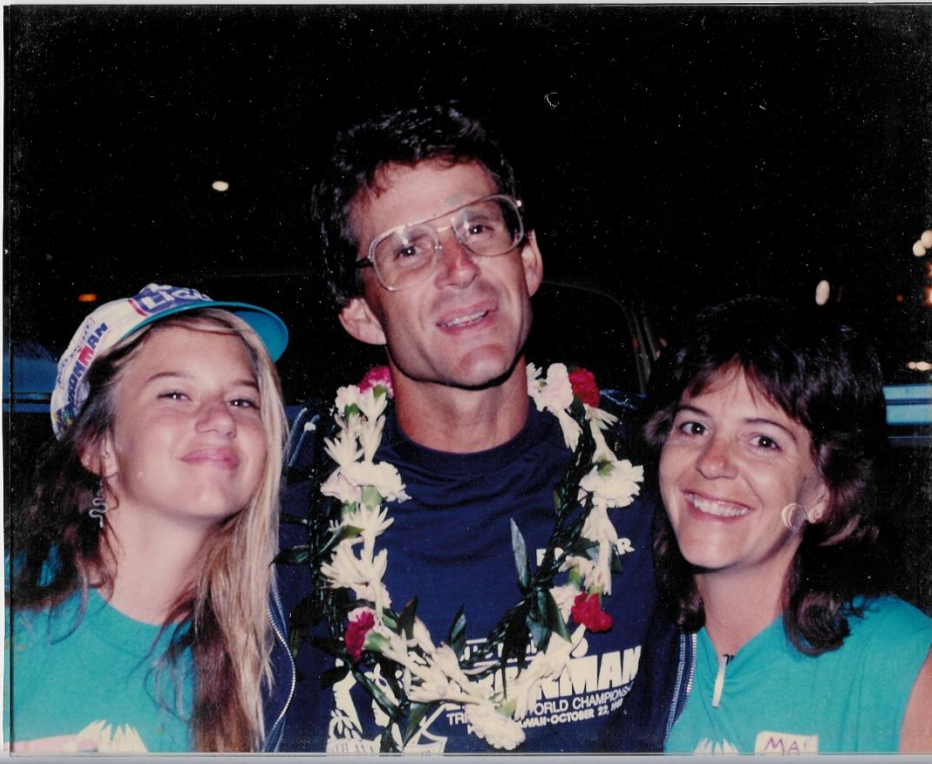
One of the first problems to manifest itself, especially in open ocean swimming or in events with a large number of contestants, is psychological difficulties immediately after the start of the race. Swimmers used to training in pools with few other swimmers suddenly find themselves in open ocean with water

which may exceed depths of 50 ft surrounded by hundreds of thrashing swimmers (Fig. 19.2). A panic reaction may then ensue, necessitating withdrawal from the race. Prevention would, of course, include training in open water and familiarization with mass swimming starts.

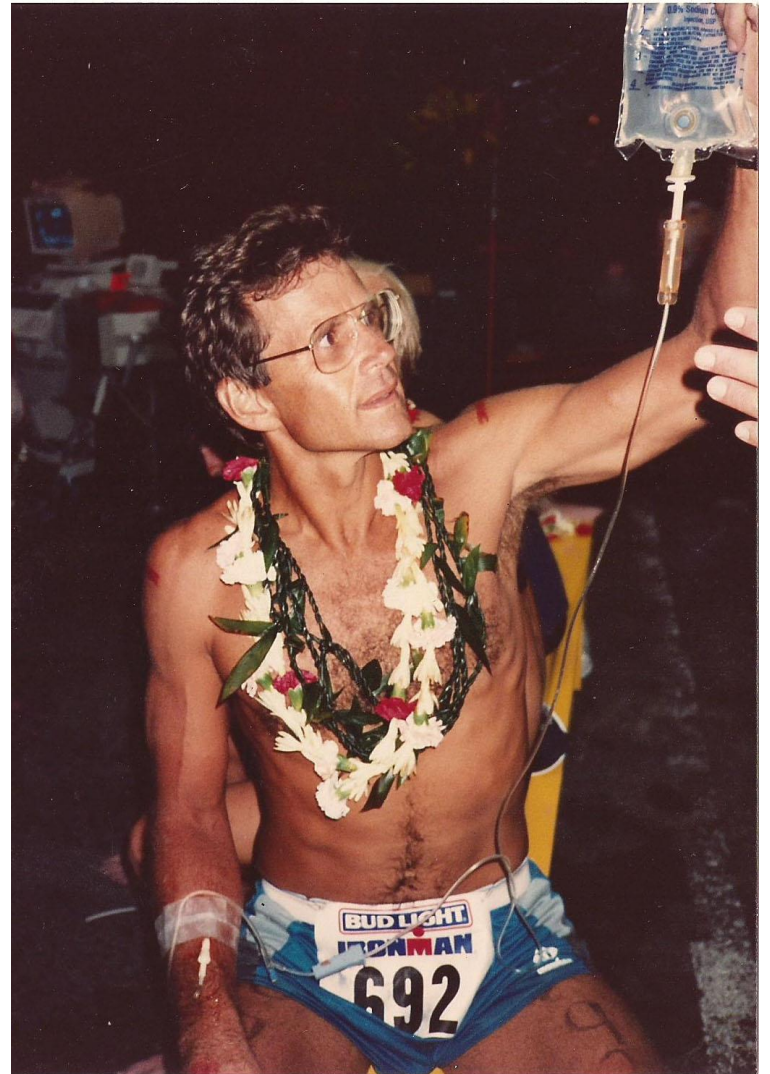
Injury

During a beach or open water start swimmers sometimes step on foreign objects on the bottom or on local marine life, such as sea urchins. Jellyfish or man-of-war stings do occur in ocean swims but rarely cause withdrawal. Triathletes should be cautioned in advance if stinging invertebrates are common on the swim course (p. 326). Treatment with vinegar, topical steroids, heat, or meat tenderizer has met with varying degrees of success. The most common injury seen during the swimming portion is direct trauma to the head area or trunk from the feet of other swimmers. While the injuries are usually minor and do not interfere with the triathlete's performance, occasionally they may cause enough symptoms to necessitate the swimmer's withdrawal from the race.

Swim goggles or swimming masks, while not universally required in triathlons, are certainly suggested for visibility and protection and are used by the great majority of triathletes (p. 314). One injury ascribed to goggles themselves is the slingshot type injury when the goggles are pulled forward for cleaning or repositioning with the elastic band still around the head. The goggles may then slip from the fingers and rebound into the globe, thus causing damage.^{7,11,14,15,20} More commonly, in triathlons simple conjunctivitis or corneal abrasions occur. These are the result of direct trauma from other swimmers or from irritation to the eye from defogging solutions that are not properly rinsed. A swimmer with conjunctival irritation should be examined with fluorescein under local anesthesia (p. 572). If chemical conjunctivitis alone is present, the eye should be irrigated with a solution such as Lacrilube, and the athlete may then be able to continue the race. If corneal abrasion is present, an anti-



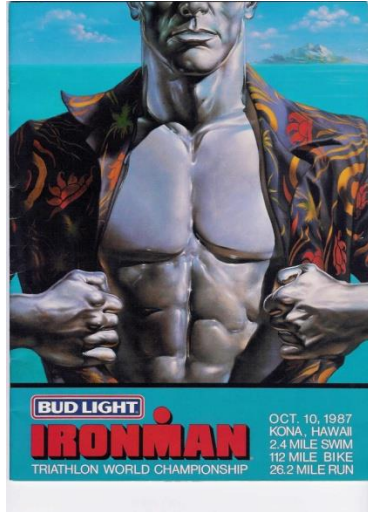
1988



AVERAGE IRONMAN

1981

- **84% MALE**
- **TRAIN 4 -6 MOS**
- **20 – 30 HR/WK**
- **SWIM 7 MPW**
- **BIKE ~ 180 MPW**
- **RUN ~ 50 MPW**



2007

- **73% MALE**
- **TRAIN 7 MOS**
- **18 – 30 + HR/WK**
- **SWIM 7 MPW**
- **BIKE 225 MPW**
- **RUN 48 MPW**

FASTEST MALE AND FEMALE



Gustav Iden

2022

7:40:24

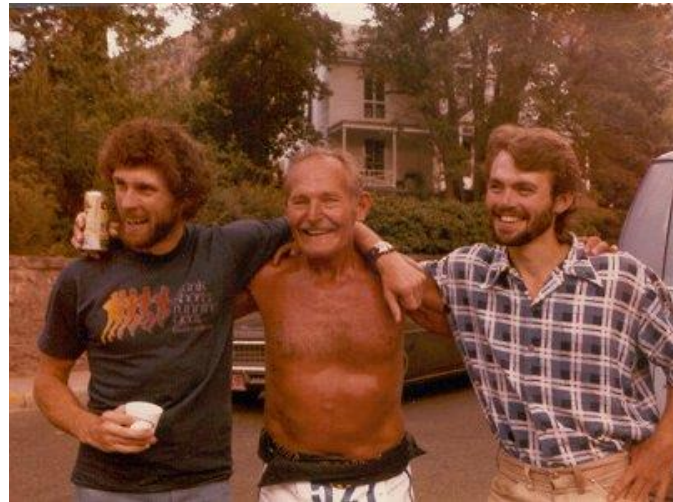
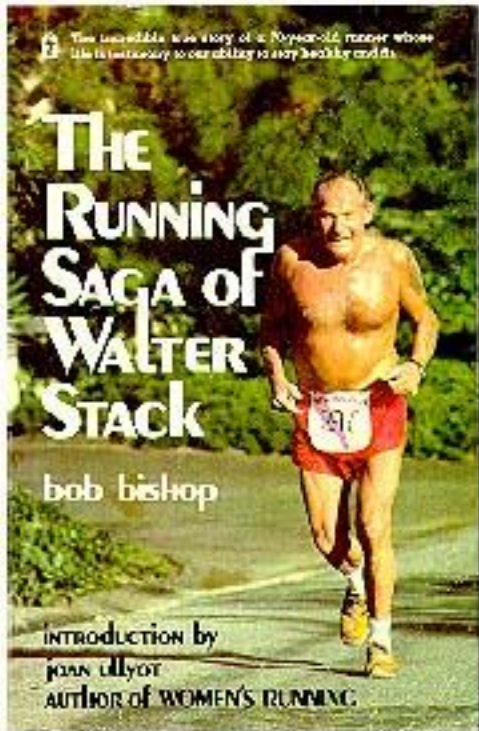
**Lucy Charles-
Barclay**

2018

8:24:31



SLOWEST FINISH TIME



1908 - 1995

WALT STACK

1981 26:20:25

“Start slow and taper off”

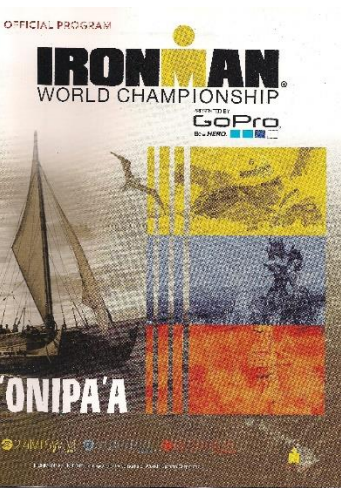
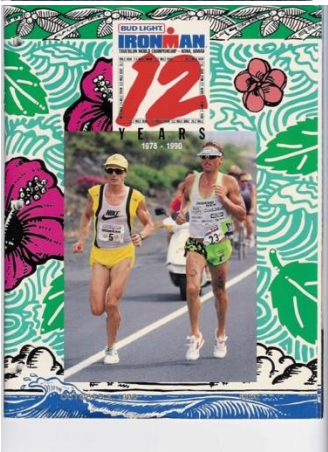
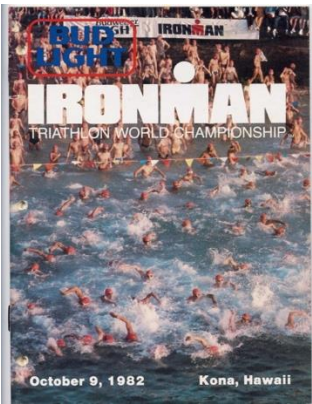
“All this work I’m doing, it don’t mean sh*t”

62,000 lifetime running miles

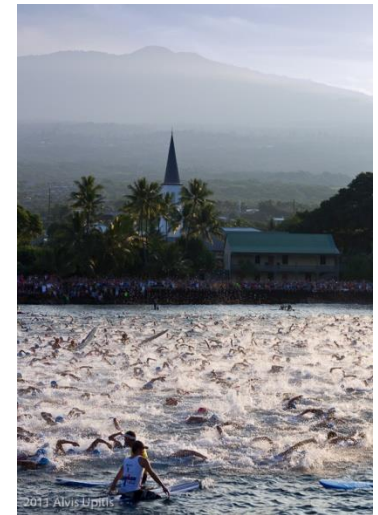


Joplin 2008

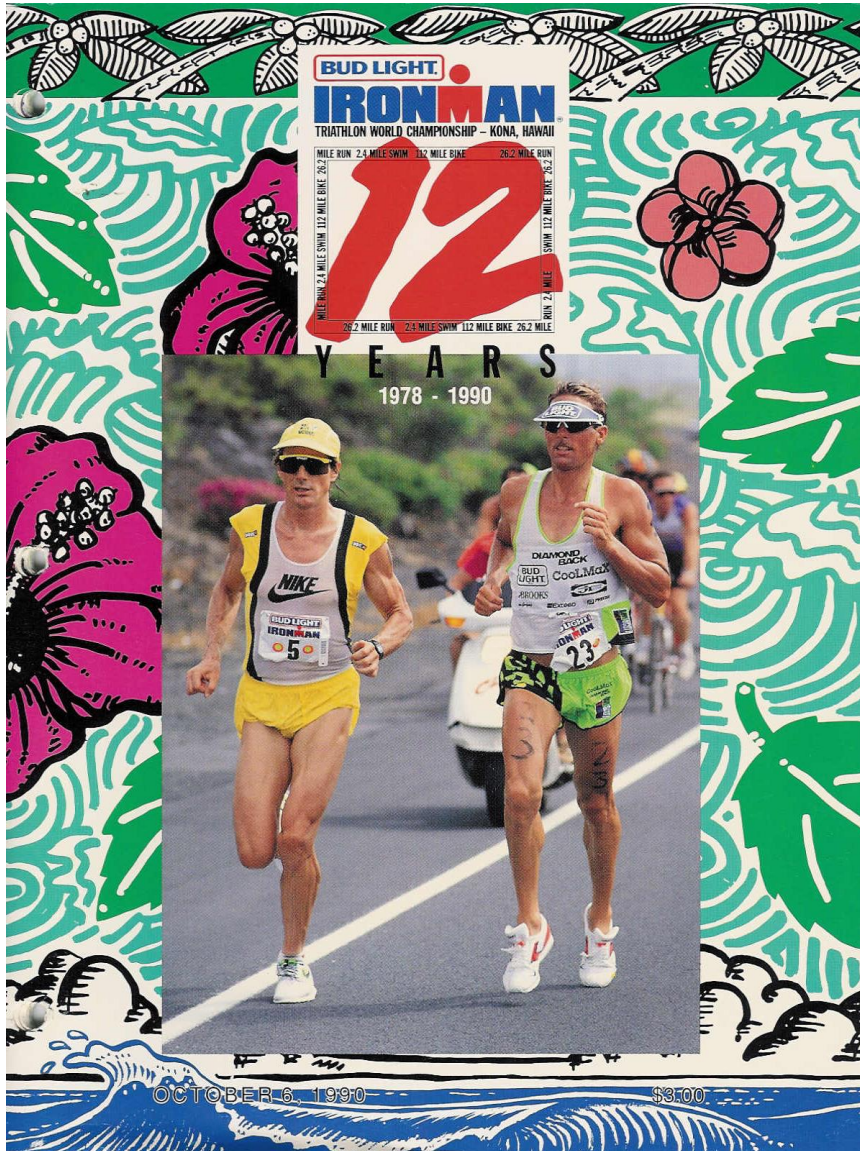




	1982	1990	2011	2017
START	850	1387	1859	2374
FINISH	775	1236	1773	2236
%	91%	89%	95%	94%
DOCS	17	42	>100	
NURSES	45	102	~100	
VISITS	127	526	387	332
%	15%	33%	21%	14%
IND IV	33	309	192	
TOTAL LTR	53	515	280	



October 6, 1990



- Starters – 1387
- Finish Rate 89%
- Medical Staff – 144
- Medical visits – 526
33% of starters
- 67% received IV
total 515 liters
- World Triathlon Corp
assumes ownership





2004-

2008

2009-

2024

1988

1981-

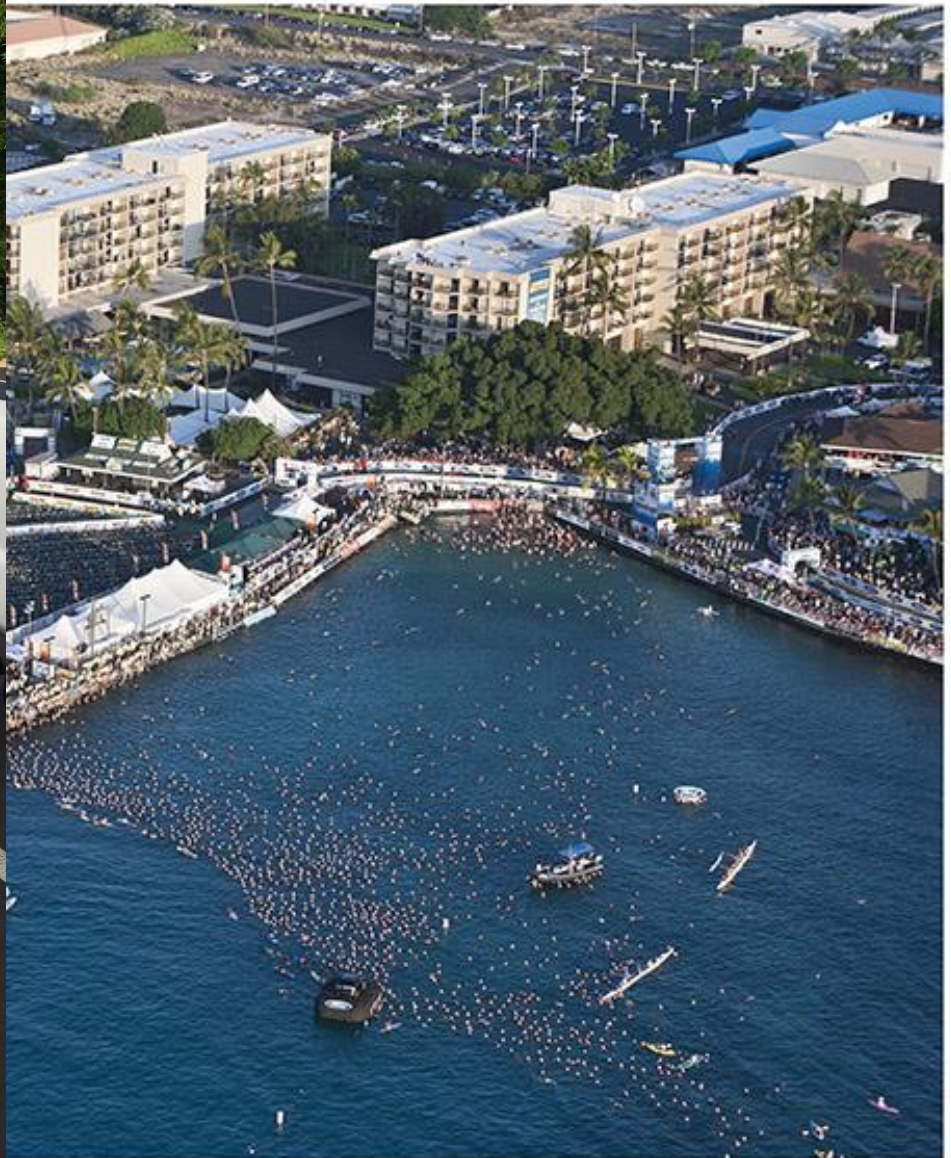
2003

1991-1993





**Restricted
Medical Access**



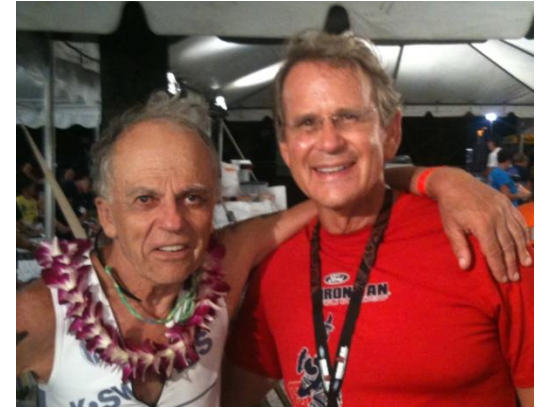




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MAHALO