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The Ironman is a hellish swim-bike-run challenge that demands an all-consuming training schedule and a borderline masochistic mindset. Think you have what it takes? Here's our Adventurist's very hones ...

A Will of Iron: Tackling the Copenhagen Ironman

Her husband can recall a time when she cried before an Ironman competition in Las Vegas because she knew she wasn't ready. There are only tears of happiness now, though. After years of triathlon ...

Ironman glory eluded this Idaho woman for years. Now she's on the verge of turning pro

If you want to do it, make the time. Get out early in the morning and get after it. It's such a fantastic sport and it really needs a lot more women in it. 'It's her superpower' It took years for ...

Advice from a triathlete: 'If you want to do it, make the time'

And she's still training for Ironman races, taking on five triathlons ... you can see it woven all throughout the Girls on the Run program. Barker believes that gratitude is the top reason ...

How to Run Strong for Decades Like Molly Barker, Founder of Girls on the Run

With over a dozen Ironman-branded titles to her name, it's fair to say Laura Philipp is one of the sports

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best over the half-iron and iron-distance. This is her story so ...

Laura Philipp: Background, career highlights, quotes

BILL BULEY/Press Greg Lowhorn and sister Christina Lowhorn get ready to swim in Lake Coeur d'Alene on Friday. Both are registered for Sunday's Ironman 70.3 Coeur d'Alene. Brett Heron of Calgary, ...

Ready for race day

The question, "Want to sign up for a 70.3-mile triathlon?" might have sounded more appealing when the event was more than six months away, but now that there's just three ...

Timberman Rookies update: Getting the right bike

General registration for Ironman Chattanooga will open at ... their endurance training and fundraising program. The program participants will raise funds for research, education and support ...

City Lands Ironman Events; City Expected To Get 12,000 Visitors

Fresh from completing the Cairns Asia-Pacific Ironman, Bundaberg triathlete Rob Thatcher has revealed plans for his next ... Get KoachD and began an 18-month training regimen.

Rob Thatcher completes Cairns Asia-Pacific Ironman

Dame Flora Duffy has withdrawn from the World Triathlon Sprint and Relay Championships Montreal in favour of trying to book her Ironman 70.3 World Championship berth in Mont Tremblant. Having

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barely ...

Dame Flora Duffy skips World Triathlon Montreal for half-Ironman event

The spring workouts set the foundation for the position battles, but the jobs aren't totally won until training camp and the preseason ... Now that the offseason workout program is concluded, here's ...

Colts' 53-man roster prediction after offseason

Francis Benali was always fit. He played until he was 38 and at the age of 50, despite going so hard he was hospitalised, completed five Ironman races in seven ...

GPS vests, blood tests and drone surveillance: the new face of football's pre-season

The two recently competed in the 2022 Certified Piedmontese Beef Ironman, which consisted ... journey with San Nicolas, first training Toves under his program, Team Z, which centers around ...

FD alums share experience of competing in Piedmontese Beef Ironman Tulsa

Mykola Bartosh said he wanted to spread awareness about the war in Ukraine and completed the 70.3-mile course with his home flag on his back.

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